

# SHOREVIEWS

Shoreview City Newsletter, Community Center News and Parks & Recreation Catalog

## Inside This Issue

Fall Cleanup Day 5

City Election Update 7

Community Center Information 14-21

Parks and Recreation Programs 22-57







<b>City Hall</b>	651.490.4600
<b>Community Center</b>	651.490.4700
<b>Parks and Recreation</b>	651.490.4750
<b>Building Permits</b>	651.490.4690
<b>Code Enforcement</b>	651.490.4687
<b>Forestry</b>	651.490.4650
<b>Human Resources</b>	651.490.4619
<b>Planning and Zoning</b>	651.490.4680
<b>Recycling</b>	651.490.4650
<b>Sewer &amp; Water Maint/Svcs</b>	651.490.4661
<b>Streets</b>	651.490.4671
<b>Utility Billing</b>	651.490.4630

#### Police

Police protection is provided by the Ramsey County Sheriff's Department. The District Office is located at 1411 Paul Kirkwood Drive, Arden Hills, MN 55112.

**For non-emergencies call 651.484.3366**

**For emergencies call 911**

#### Fire

Fire protection is provided by the Lake Johanna Fire Department.

**For emergencies call 911 Dispatch**

**Non-emergency 651.767.0640**

#### City Officials

##### **Sandy Martin, Mayor**

444 Lake Wabasso Court

Office: 651.490.4618

sandymartin444@gmail.com

##### **Blake Huffman, Council Member**

899 Cobb Road

Home: 651.484.6703

blakehuffman@comcast.net

##### **Terry Quigley, Council Member**

1212 Silverthorn Court

Home: 651.484.5418

tquigley@q.com

##### **Ady Wickstrom, Council Member**

1252 Silverthorn Drive

ady@adywickstrom.com

##### **Ben Withhart, Council Member**

275 Demar Avenue

Home: 651.481.1040

Cell: 952.292.4866

benwithhart@yahoo.com

##### **Terry Schwerm, City Manager**

Office: 651.490.4611

tschwerm@shoreviewmn.gov

#### Access Shoreview

Sign up to receive our online newsletter that is sent after each City Council Meeting with City news and events. Visit the City's website at [www.shoreviewmn.gov](http://www.shoreviewmn.gov)

# SHOREVIEW'S FRIDAY NIGHT FLIX



The Shoreview Haffeman Pavilion is turning into an outdoor theater on Friday nights in August! Enjoy watching a popular movie by moonlight with your friends, family, and neighbors.

August 10      **The Muppets**      PG

August 24      **Shrek Forever After**      PG

# FREE!

Bring your lawn chairs and blankets.  
Concessions will be available at the Wave Café  
in the Shoreview Community Center.

Parents are recommended to review the ratings and decide if the film is appropriate for their children.

The area will be treated by Metropolitan Mosquito Control prior to each event, however, bug spray may still be useful.

**STARTS AT  
DUSK  
8PM/8:30PM**



Located at: Haffeman Pavilion (behind the Shoreview Community Center)  
[www.ShoreviewCommunityCenter.com](http://www.ShoreviewCommunityCenter.com) | 651.490.4750

## Community Center Receives High Marks

The Shoreview Community Center received high ratings in the Spring/Summer edition of Twin Cities Checkbook's review of health and fitness clubs. In fact, the Community Center was rated #1 of all fitness centers on the overall value for the money with 96% of reviews rating it as "superior" in this category. The Community Center consistently ranked well above the average of other health and fitness facilities in all of the categories, including cleanliness, maintenance of facilities and equipment, and friendliness, earning the Checkbook publication's top rating for quality.

And it's no wonder – with a state-of-the-art fitness center, gymnasium and running track, high quality fitness programs, the Tropics Indoor Waterpark and the Tropical Adventures Indoor Playground, the Community Center has something for every age. All of this is available at very affordable membership rates.

Your membership or daily admission to the Community Center includes all of this and more:



### STATE OF THE ART FITNESS FACILITY

*Get the complete fitness center experience and the tools to achieve real results, using a full line of strength equipment – including free weights and machines – and over 50 pieces of cardio equipment. Kids Care provides a stimulating, safe place for your child to explore and interact with other children while you enjoy this and all the other amenities of the Shoreview Community Center.*



### TROPICS INDOOR WATERPARK

*Enjoy a tropical getaway at Tropics Indoor Waterpark, and fill your day with endless fun. Come experience crystal clear water enhanced by our Sphagnum Moss green system, which reduces the amount of chlorine used. The Shark Attack waterslide features a jukebox with over 100 songs and a custom light and music show.*



### TROPICAL ADVENTURES INDOOR PLAYGROUND

*Come crawl through the caves, swing through the jungle, slip down the waterfall slide, and scream down the five-level spiral slide! For kids ten and under, this is the place to run around and get a great workout while having fun.*

**In addition, the Shoreview Community Center also offers:**



### PARTY IN THE TROPICS

*Spend your birthday in the tropics? Sure – right here in Shoreview! Make your child's birthday party special and memorable with one of our party packages, or spend an overnight with your friends with after-hours private rentals.*



### BEAUTIFUL BANQUET ROOMS AND COMMUNITY & MEETING FACILITIES

*With enough room for up to 300 guests, our banquet rooms are perfect for corporate events, wedding ceremonies, receptions, dinners and dances. Our community and meeting facilities will make comfortable accommodations.*

The Shoreview Community Center also offers a list of recreation programs that go on and on. Stop by and see why we are ranked Number One! Or visit us online at <http://www.shoreviewcommunitycenter.com/> for more details.

## Community Foundation's 2012 Grants Awarded *(article by Kent Peterson)*

The Shoreview Community Foundation announced its 2012 grants at the Concert in the Commons on Wednesday, June 13. The Shoreview-Einhausen Sister City Association received a grant of \$2,000 for costs associated with hosting Einhausen's Musikcorps Band and their community presentations. Gallery 96 Art Center was given a grant of \$1,000 to sponsor the costs of a community art project called "Give Shoreview a Hand."

The Shoreview-Einhausen Sister City Association promotes friendship and international goodwill through exchanges and personal interactions between citizens of Shoreview and Einhausen, Germany. A longtime dream of the Association was realized in July when about 40 members of Einhausen's Musikcorps Band participated in a concert with the Shoreview Northern Lights Variety Band and in events at the Slice of Shoreview.

Gallery 96 Art Center is a community non-profit group that displays visual arts of the community and educates the community about visual art. The "Give Shoreview a Hand" project was designed by the Art Center members to give all community members an opportunity to participate in a fun community art project, no matter young, old, artistic or not – all it takes is a "willing hand." They propose brightly colored banners with hand prints from Shoreview residents to be gathered at the Slice of Shoreview and during the Farmers Market and displayed at the Shoreview Community Center.



*The Shoreview Community Foundation announced its 2012 grants at the Concert in the Commons on Wednesday, June 13. Left to right: Sue Hanson-Lieser, Gallery 96 President; Marsha Soucheray, Shoreview Community Foundation Chair; Bill Kiehnbaum, Shoreview-Einhausen Sister City Association (SESCA) President; Roger Hintze, SESCO board member; and Larry Rolison, SESCO board member.*

The Foundation, which was created in 2008, makes grant awards each year to local charitable organizations from its permanent endowment fund created by donations from residents, businesses, civic organizations and friends of Shoreview. Grants totaling nearly \$9,000 have previously been awarded to the Volunteer Service Club at Mounds View High School, Shoreview Northern Lights Variety Band, Shoreview Historical Society and Northwest Youth and Family Services.

## Shoreview Garden Club

The Shoreview Community Garden Club meets at the Shoreview Community Center on the first Wednesday of each month at 7 p.m. Experienced gardeners and beginners – all are welcome. Speakers talk on a wide range of topics. Summers tours are held to get information and ideas. For more information, contact Sandi at 651-484-4341 or sandilauer@comcast.net.



## CTV North Suburbs

CTV North Suburbs provides community television for the residents of ten cities, including Shoreview. CTV features programming by the community for the community – programs created by volunteers like you, your friends and neighbors. It's easy and fun! CTV provides training in video production, free use of equipment, and cable time on channels 14 and 15. To learn more, attend our free 1.5-hour orientation class, CTV 101. The class schedule is available at [www.CTVNorthSuburbs.org](http://www.CTVNorthSuburbs.org). For more information, call 651-792-7515.





## Shoreview Northern Lights Variety Band

Want to play band music? Meet new people? Serve your community? Have fun? Then you are ready to join the Shoreview Northern Lights Variety Band (SNLVB)! Membership is open to wind instrument and percussion players 16 years of age or over. The band rehearses at the Shoreview Community Center on Tuesday evenings from 7 to 9 p.m. Auditions are not required.

Under the musical direction of Merle Danielson, more than 60 members of the SNLVB perform two formal

concerts each year at Bethel University's Benson Great Hall, including the annual holiday concert scheduled on Saturday, December 8 at 7 p.m. Mark your calendars now and bring the entire family to this popular annual holiday event! During the summer season, the SNLVB takes the stage at many of the Twin Cities' popular outdoor venues. Visit [www.snlvb.com](http://www.snlvb.com) for information about joining the band and to sign up for the band's mailing list.

## Shoreview Historical Society

### Shoreview Historical Society: Snail Lake School Time Capsule Opening

It was 1986 when Snail Lake School's fourth grade teacher Anita Rylander became intrigued with the history of the school. After some research, she discovered that the school was approaching its Centennial Year – thus, a unique history project commenced.

With funding provided by a grant from Education Ventures, Ms. Rylander engaged a speaker from the Minnesota Historical Society to kick off the project. Former Snail Lake students and teachers spoke to the class and shared stories and memorabilia. Interviews were taped, and excerpts became part of the book, *Centennial Memories*.

An original pageant, written by Ms. Rylander, was performed

by the students for their peers and parents. Costumed "actors" depicted school life in 1906, 1920, 1932, 1944 and 1987.

One of the most exciting projects from that class year – 1986 to 1987 – was the creation of a time capsule to be opened 25 years later – in 2012. On Saturday Sept. 22, students and their teacher Anita Rylander will meet at the former Snail Lake School to share their memories of that unique historical year. They will also open the time capsule.

A re-enactment of the time capsule opening will be held on Monday, Sept. 24 at the Shoreview Library. The 7 p.m. program is hosted by the Shoreview Historical Society and will be open to the public.



**Cast — Centennial Pageant, Hill Farm School — Snail Lake School, May 1987. Front:** Vincent Lam, Matt Heaton, Ted Carlson, John Sinna, Paul Nowatzke, Dan Lunstad, Todd Smith, Christopher Meyer. **Middle:** Radoslaw Osada, Jonathan Sundberg, Ben Bousquet, Matt McGinely, Shannon Tummel, Heather Pilon, Yu-Ping Kao, Becky Wandrei, Shannon Thawley, Kari Pedersen, Ann Scheraldi, Andrea Dixon, Kirsten Halvorson, Todd Wandell, Matt Opsahl. **Back:** Ellen Merten, Mary O'Brien, Megan Mackie, Martha Larson, Erin McGowan, Betsy Catron, Jennifer Friedman, Debbie Troje, Sarah Riter, Gretchen Bartlett, Kirat Sekhon, Anne Edwardson

## Gallery 96 Art Center: The Visual Art of Our Community

### Exhibitions

Gallery 96 will be holding its fall exhibit at the Shoreview branch of the Ramsey County Library, 4570 N. Victoria Street during the month of November. The theme is SHADOWS, and each paid member of Gallery 96 is eligible to enter 1-3 pieces in the show. The entries will be juried and will be judged for cash prizes.

The instructions and rules for entry will be in the Gallery 96 newsletter and on the Gallery 96 website. You must be a member to enter the show, but membership starts at only \$25 per year. If you are not a member yet and would like to view the Gallery 96 newsletter, go to [www.gallery96.org](http://www.gallery96.org) and click on News.

### Art Discussions

Gallery 96 sponsors monthly art discussions, the second Tuesday of each month at the Shoreview Community Center from 7 to 9 P.M. These are lively discussions of art and friendly critiques of the work of members and others. All are welcome. Bring a piece of your art and show the group what you are working on. Upcoming dates are August 14, September 11, October 16 and November 13.

### ARTiculators

Although not officially part of Gallery 96, the ARTiculators are a group of artists who meet every Monday morning from 10 to noon in the Shoreview Community Center Fireside Room to chat with each other and discuss new ideas in art. Sometimes a project develops and the group then works together as a group. Many of the artists do

belong to Gallery 96, but it is not a requirement.

This is a great way to become acquainted with fellow artists and work together on projects. Attendance is not required every week! ARTiculators sessions are as good as attending class without grades – with chairs that are much more comfortable than the classroom type. Come join the group. It's free, loose in structure, and ideas abound.

### Fireside Room Exhibit

Next time you are in the Shoreview Community Center, stop by and see the works of Gallery 96 artists on display in the glass cases in the Fireside Room on the main floor of the building.

### Additional Exhibit Opportunities

Gallery 96 has joined with Cafe Zia, a restaurant and coffee shop at 2723 Lexington Ave. N. in Roseville, to exhibit the works of Gallery 96 members at various times throughout the year. All artworks are for sale and members are allowed to display one work at a time. Stop by and check out the great coffee and the artwork. If you are interested in exhibiting with Gallery 96 at Café Zia, contact [info@gallery96.org](mailto:info@gallery96.org) for more details.

### More Information

The public can keep in touch with Gallery 96 Art Center and its programs through its website at [www.gallery96.org](http://www.gallery96.org) and through the quarterly newsletter. Other inquiries may be directed to: Gallery 96 Art Center, P.O. Box 270002, Vadnais Heights, MN 55127

## Shoreview-Einhausen Sister City Association: Uniting Shoreview with Germany

**SESCA** has been involved in promoting the friendship and international goodwill between the citizens of the greater Shoreview area and the people of our sister city Einhausen, Germany for more than a decade. What started simply as student exchanges in the late 80's, the connections between our cities have blossomed to include relations and exchanges between mayors, adult and student travel opportunities, this 2012 summer visit and joint band concerts between the Shoreview Northern Lights Variety Band (SNLVB) and Einhausen's own Musikcorps Band. This is all in addition to monthly meetings, German dinners, a Slice of Shoreview tent, and student language scholarships.

### 2013 plans include a Tour of Northern Germany from August 8-20th, 2013.

This trip will include the magnificent cities of Berlin, Hamburg, Lübeck, Köln (Cologne), In addition to a family stay in our sister city of Einhausen with activities in the surrounding area. This is a fabulous opportunity for a guided tour of northern Germany including its historical sites,

castles, ocean ports, and museums not to mention the food and hospitality of this great culture. See our website for more info or attend an upcoming informational meeting.

### What is the meaning of the rooster (or Giggel)?

Perhaps you are wondering why the rooster appears on a flag representing Einhausen. It is an old tradition that formed when neighboring towns would make up nicknames to poke fun at each other. The Einhausen area produced barley, known as "Gerschde", as a low quality feed for chickens and roosters. The more prominent and powerful town of Lorsch gave the people of Einhausen the name Gerschdegiggel or "barley-roosters" and in turn got their own nickname of Sandhasen or "sand-hares" because of Lorsch's sandy soil and rabbit population. In 1954 a rooster flag was first flown and the town square currently hosts a small rooster statue. Legend has it that it may also represent the grit and pride of the people that call Einhausen home.

For more information, please visit our website at [www.sesca.org](http://www.sesca.org).



# FALL CLEANUP DAY

Saturday, October 6 8 a.m. – 3 p.m.  
Hamline Avenue and Highway 96

## General Refuse and Debris

Items that are general refuse and debris that are not normally collected by your refuse hauler. Amounts shown are approximate amounts you will be charged and represent approximately two-thirds of the cost for disposal; the City pays 1/3 of the actual cost. Prices listed below are for general loads and may include extra costs for specific items. Final charges will be determined at the event.

### Pricing by Item

Mattress or Box Spring	\$ 10
Stuffed Chair	\$ 7
Couch	\$ 10
Car Tire	\$ 2
with rim	\$ 4
Appliances without freon	\$ 15
Appliances with freon	\$ 17

### Pricing by Group

Trailer	\$ 30
Pickup	\$ 25
Minivan/SUV	\$ 15
Car	\$ 10

## Charitable Donations

### ACCEPTED DONATIONS

Clothing/Shoes/Boots/Books/Records/Sporting Goods/Toys/Games/  
Tools/Dishes/Pots/Pans/Linens/Small Appliances that Work/  
Houseware/Kitchenware

### NOT ACCEPTED DONATIONS

Mattresses/Box Springs/Carpeting/Large Appliances/Exercise  
Equipment/Microwave Ovens/Electronics

## Electronic Recycling

Amounts shown are approximately 2/3 of actual cost of recycling the electronics.

\*\*\*Pricing is based on per unit cost and may be subject to change.

For a complete list by item, visit [www.shoreviewmn.gov](http://www.shoreviewmn.gov)

### Electronics

Computers	\$ 10
Small Computers	\$ 5
DVD/VCR player	\$ 5
Computer monitor	\$ 10
Tube Television	\$10-\$35 per unit (Prices vary by size)

**YARD WASTE WILL NOT BE  
ACCEPTED DURING THE  
CLEANUP DAY.**

## Household Hazardous Waste Accepted Items

### Home Improvement Items

Paint/Thinners/Solvents/Adhesives/Driveway Sealant/Wood  
Preservatives/Stains/Aerosol Cans/Lead/Paint Chips

### Automotive Products

Used oil and filters/brake fluid/gasoline/antifreeze/auto batteries

### Lawn and Garden Chemicals

Weed Killer/Insecticides/Pesticides

### Items with Mercury

Thermometers/Fluorescent Lights/Switches/Thermostats/  
Vapor Lamps

### Cleaning Products

Drain Openers/Oven Cleaners/Bathroom Cleaners/Rust Removers

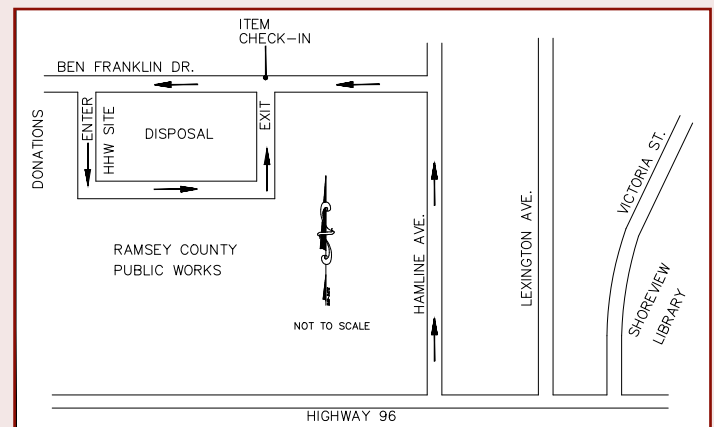
### Recreational Products

Rechargeable Batteries/Button Batteries/Propane Tanks/  
Pool Chemicals/Gas Cylinders

## Additional Household Hazardous Waste Drop-Off Sites

### YEAR-ROUND COLLECTION SITE

Bay West, Inc. 5 Empire Drive, St. Paul, MN  
December – March Friday 11 a.m. – 6 p.m. / Saturday 9 a.m. – 4 p.m.  
April – October Tuesday – Friday 11 a.m. – 6 p.m.  
Saturday 9 a.m. – 4 p.m.  
November Thursday – Friday 11 a.m. – 6 p.m.  
Saturday 9 a.m. – 4 p.m.  
Closed: Thanksgiving, Friday after Thanksgiving  
Christmas, Christmas Eve  
July 4



**Residents must present a Shoreview or Arden Hills ID and can pay with Cash, Checks and Credit Card (Visa & Master Card)**

### Go Ramsey Communities: Your Journey to Healthy Living Starts Here



A new online tool has been designed to help locate all the fun places and green spaces to be active throughout the City of Shoreview and all of Ramsey County.

The newly-redesigned “Go Ramsey Communities” public mapping portal at [www.GoRamsey.org](http://www.GoRamsey.org) is a handy resource for searching and seeking out information about the county’s parks, lakes, trails, and recreational facilities. Designed to make it easier and more convenient to

discover and explore recreational amenities in our community, it aims to help improve residents’ overall health by providing ways to become more active, eat smarter and feel better.

The new portal includes photos and maps of all county and municipal parks and recreation facilities in Ramsey County, along with comprehensive lists of amenities, walking and biking distances. It also gives users the ability to report issues such as potholes, blown light bulbs or graffiti to the Parks Department.

### EAB Demo – Tree Injections in Shoreview Commons

#### City of Shoreview Participates in Emerald Ash Borer Demonstration Project

The City of Shoreview partnered with Arborjet on an Emerald Ash Borer Demonstration project in the Shoreview Commons area on June 20. Arborjet, the company that developed the trunk injection treatment for the Emerald Ash Borer, provided the materials and trained our City’s park maintenance staff on how to inject the ash trees. Our maintenance staff then injected about 40 ash trees in the Shoreview Commons area. This demonstration project gave residents and City officials, as well as parks and forestry staff, a firsthand look at how to protect and preserve ash trees against the destructive Emerald Ash Borer beetle.

One of America’s most destructive tree pests, the Emerald Ash Borer (EAB) is a beetle that aggressively destroys ash trees in urban, rural and forested settings. It was discovered in the Shamrock Park neighborhood of Shoreview last July. Ash trees comprise up to 20 percent of trees in Shoreview, making the potential EAB spread a growing threat to the city’s urban forest. The City



*Chris Kolkind, City of Shoreview Parks and Recreation maintenance, checks the injection sites and waits for the insecticide to be taken up by the ash tree as part of a demonstration project in Shoreview Commons.*

Council recently adopted an EAB management plan to help mitigate its impact, involving a proactive approach to managing it through education, treatment and reforestation strategies.

If residents are interested in treating ash trees on their property, the City has negotiated a favorable rate (\$10 per diameter inch) for this trunk injection method proven effective at preventing the spread of EAB. The City has contracted with S&S Tree Specialists to perform this work. A single injection will protect ash trees for a full two years, after which a retreatment is recommended.

### A Couple of Frequently-Asked Questions:

#### Who is our recycling company?

The City of Shoreview’s contractor is Allied Waste Services – North Metro, 952-941-5174. Visit Allied Waste Services online at [www.alliedwasteminnesota.com/Pages/Recycling.aspx](http://www.alliedwasteminnesota.com/Pages/Recycling.aspx).

You can also read more about the city’s commitment to recycling and information about garbage collection by visiting [www.shoreviewmn.gov/resources/recycling-and-garbage-collection](http://www.shoreviewmn.gov/resources/recycling-and-garbage-collection).

#### What is the water hardness/iron content in Shoreview’s water?

The City of Shoreview averages the water hardness across the city, and resulting level of hardness is 15 grains, which is moderately hard. You can read more about the City of Shoreview’s water by visiting [www.shoreviewmn.gov/resources/water](http://www.shoreviewmn.gov/resources/water).



## City Election Update

The City Council has three council seats that will be elected during the 2012 election:

- Two-year Mayor term
- Four-year Council term
- Four-year Council term

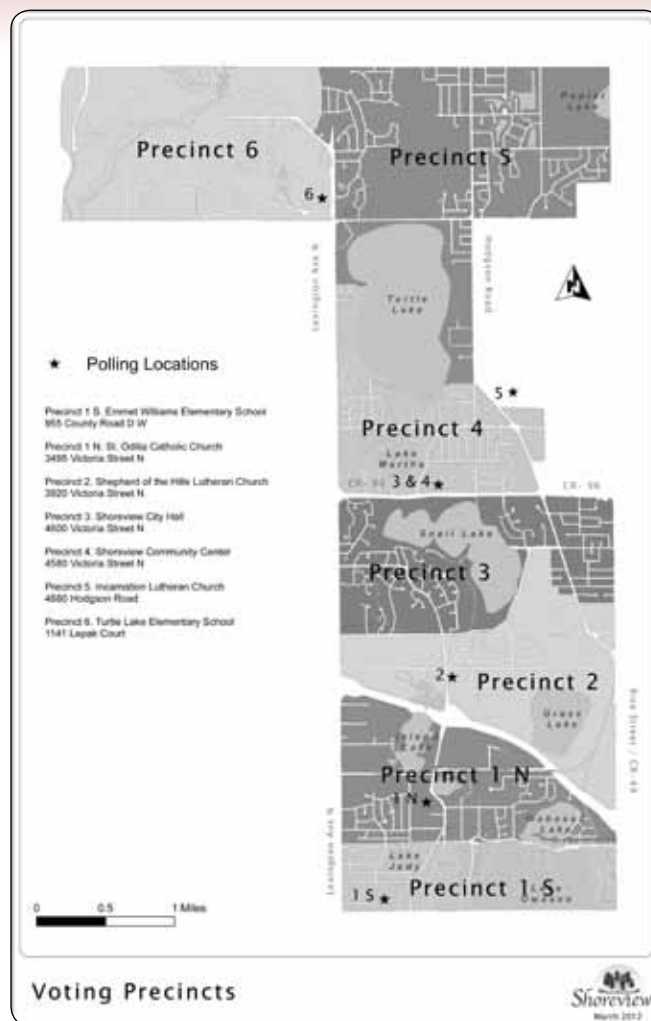
**Interested individuals must file affidavits of candidacy for the Council between July 31 and the closing date of August 14 at 5:00 p.m.** The cost of filing is \$5.

### Minnesota Absentee Ballot Application/Combined

If you have an ongoing need to automatically receive absentee ballot applications, there is a convenient Minnesota Absentee Ballot Application/Combined – an application to automatically receive absentee ballot applications. You can download this form by visiting our Absentee Voting web page at [www.shoreviewmn.gov/resources/elections-absentee](http://www.shoreviewmn.gov/resources/elections-absentee).

### New Voting Precincts

The City Council adopted new voting precincts due to redistricting which may impact some residents. Generally, the precinct changes are minor as the vast majority of Shoreview residents will continue to vote at their current polling place. Please refer to the map. You can also visit [www.shoreviewmn.gov/news/changes-to-voting-precincts](http://www.shoreviewmn.gov/news/changes-to-voting-precincts) for more information.



## City Meeting Broadcast Schedule

### Channel 16 City Meeting Broadcast Schedule

Channel 16 provides access to government information through public meetings, including Shoreview City Council and Planning Commission meetings, as well as community events.

### Shoreview City Council Meetings

**Live:** Every first and third Monday of the month at 7 p.m.

**Replays:** Monday, Wednesday, Friday and Saturday at 11:30 a.m. and 7 p.m.

Tuesday, Thursday and Sunday at 12:30 a.m., 8 a.m. and 3 p.m.

### Shoreview Planning Commission Meetings

**Live:** Every fourth Tuesday of the month at 7 p.m.

**Replays:** Monday, Wednesday, Friday and Saturday at 12:30 a.m., 8 a.m. and 9 p.m.

Tuesday, Thursday and Sunday at 7 p.m.

## Yard Waste Collection Sites

As a Ramsey County resident, you can take advantage of free yard waste collection sites through November 30. They accept trees and shrubs, as well as leaves, grass clippings and other soft and woody plants at locations in Arden Hills/New Brighton (3530 Hudson Avenue, Arden Hills) and Shoreview/White Bear Township (5900 Sherwood Road, White Bear Township). Sod and dirt are only accepted at the White Bear Township site.

Collection hours until Nov. 30 (weather permitting) are:  
**Monday, Wednesday & Friday** – 11:00 a.m. to 7:00 p.m.  
**Saturday** – 9:00 a.m. to 5:00 p.m.  
**Sunday** – 11:00 a.m. to 5:00 p.m.  
**Tuesday and Thursday** – Closed  
Sites will be closed Labor Day, Sept. 3.

For more information, call 651-633-EASY (3279) or visit Ramsey County's Yard Waste Collection Sites webpage at [www.co.ramsey.mn.us](http://www.co.ramsey.mn.us) – from the **Health & Environment** link, go to **Home & Yard**, and see the **Brush & Yard Waste** section for **Yard Waste Collection Sites**.

## Haffeman Pavilion Dedicated

### Pavilion named for former Parks and Recreation Director

8

They all screamed for ice cream: A crowd of more than 500 gathered at the Haffeman Pavilion to kick off summer at the opening Concert, featuring the upbeat sounds of the Dan Perry & Ice Cream band, along with free ice cream from the Shoreview Community Foundation. The music moved many concertgoers – young and old – to sing and dance.

The Haffeman Pavilion was officially named and dedicated to recognize Shoreview's first and only Parks and Recreation Director, Jerry Haffeman, who retired at the end of 2011 after 40 years of service.

"I'm extremely honored and proud that the city chose to name this beautiful pavilion after me," said Haffeman. "It's a wonderful place for the community to gather for family

fun and reflects positively the City's approach to parks and recreation during my 40 years."

The folks in the crowd enthusiastically agreed:

"This is actually our first visit [to the concerts]. We love it," said Jayme Artisensi. He and his wife, Lisa, are two-year residents of Shoreview, along with their two year old son, Henry. They described how much they have been enjoying living in the community as well. "I like how we got a big welcome packet in the mail. We were much more informed, and I felt like I knew all about our City. There are great opportunities here for Henry."

"I got the email about this event because we were signed up [for Henry's swimming lessons] – I like that we received it the day of the event," said Lisa. "And there's a good school district here – having a young child, we were thinking ahead when we chose Shoreview."





“There are a lot of younger families – as well as quality parks, trails, open space. The City seems very clean and safe,” Jayme added. “The city employees are so helpful. When we first moved here, I replaced my deck and needed a building permit. I dreaded the process [because of bad experiences in the past with another city], but they actually made it easy and everyone was super nice – very helpful.”

“I like the free concerts – it’s a nice community event. One of the reasons I moved here is because Shoreview is a strong community,” said Katie Young, formerly of Minneapolis, sitting between her Labradoodle and Goldendoodle dogs. She just moved here last October.

Kristina Hendrickson, Shoreview resident for seven years: “These concerts are very nice – I like that it’s convenient and close by, and it’s free. My daughter likes to dance,” she said about her two year old, Victoria, who added that she liked the ice cream – especially the chocolate [syrup] on top. “I’ve been coming to these events ever since I had my daughter.”

“I came to enjoy the relaxing music,” said Mike Simons, who has also lived in Shoreview for seven years. “It’s pretty good – Dan Perry went to my alma mater [St. Agnes]. It’s a very nice turnout and I enjoyed the dedication of the pavilion. These activities are good for the community and it is nice that it’s for all ages.”

### Networking with Results at 2012 Shoreview Business Exchange

A group of Shoreview businesses enjoyed a chance to network at the 2012 Business Exchange, hosted by the Shoreview City Council and Economic Development Commission. The annual informal social gathering was held June 14 at the Hilton Garden Inn in Shoreview in appreciation of the city’s business community.

Representatives from such local companies as Lion Precision, DJO Global, Mead Metals, Deluxe, OSI Physical

Therapy, PaR Systems and Westinghouse PaR Nuclear met with other Shoreview businesses and chatted with members of the City Council, Economic Development Commission and City staff about their businesses and any questions they had. They received firsthand updates on City news, events and development projects.

Shoreview-based TSI Incorporated was recognized for being named Manufacturer of the Year by the Manufacturers Alliance Association in Minnesota.



## It's Not Too Late: Head to the Farmers Market



Now in its 14th year, the Shoreview Farmers Market has been showcasing vibrant colors and delicious fragrances of fresh summer goodies. But the best is yet to come: Products are most abundant in August and September, according to Lesley Young, market manager.

And she should know, as she has watched the event flourish over the last seven years. Not only has it grown in size, but also with new events, including more live entertainment to serenade shoppers on an almost weekly basis – something previously found only on special event days.

“It really adds a flair to the Market,” said Young, who invited the Mounds View Orchestra to perform for the first time this year. “We’ve really started to reach out to use the local resources in our City and tap the talents of the kids. Next year, we’re hoping for a drum line.”

Another new opportunity allows shoppers and vendors to give extra products to the Ralph Reeder Food Shelf, instead of throwing them away at the end of the day.

And – “We have a certified organic vendor that meets the high requirements for being truly organic. That is really unique; we are really excited about that,” said Young.

The Shoreview Farmers Market has its own rules and requirements.

According to Young, all applicants’ products have to be Minnesota-grown, or they [the vendors] have to be the artisan. “We’re really picky about who comes in.”

The Market Manager’s table offers recipes, chef demonstrations and interesting information about products (such as why honey comes in different colors)

to market-goers, so they can learn more about the unique products and ways to use them.

The Shoreview Farmers Market was started 14 years ago by two members of the City’s Parks and Recreation Commission. It was originally held in the Upper Parking lot near City Hall with 15 vendors. It grew so much that it needed to move to the Lower Level parking lot four years ago, explained Young.

Today, there are 55 vendors. Four vendors – Don Heinel, Annette Gilbertson, Linda Grohoski and Glenn Brown – have been at the Shoreview Farmers Market since it began.

According to Young, an average of 1,000 to 2,000 people come to the Market each week – with upwards of 3,000 on special event days.

“Our market draws a lot of visitors, and it’s a really good tie with the Community Center – a great time to cool off at the pool. The vendors also bring their kids [who enjoy the Community Center’s offerings]. Wave Café sales go up, which is good to see.”

Visitors not only come from Shoreview: “Because we’ve been established for so long, we have visitors from throughout the North Metro area.”

This time of year, Market aficionados will find radishes, green beans, carrots, cucumbers, peppers, sweet corn and tomatoes in their peak season, especially in August. Spinach, broccoli, cabbage, carrots, cauliflower, potatoes, apples, onions, Brussels sprouts, parsnips, turnips and winter squash begin peaking in September through October.



For more Shoreview Farmers Market information online, visit [www.shoreviewcommunitycenter.com/events/farmers-market](http://www.shoreviewcommunitycenter.com/events/farmers-market).







# SHOREVIEW CALENDAR

AUGUST 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<b>1 Concert in the Commons: D'Boys</b> 7 pm, Pavilion	<b>2 Bikeways And Trails Committee</b> 7 pm, LC	<b>3</b>	<b>4</b>
<b>5</b> 	<b>6 City Council Meeting</b> 7 pm, CC	<b>7 Farmers' Market</b> 3 pm	<b>8 Concert in the Commons: Jim Tones</b> 7 pm, Pavilion	<b>9</b>	<b>10 Friday Night Flix: The Muppets (PG)</b> 8 pm, Pavilion	<b>11</b>
Recycling Week August 6-10						
<b>12</b>	<b>13 Economic Dev. Authority</b> 5 pm, CC <b>Council Workshop</b> 7 pm, CC	<b>14 Primary Elections</b> <b>Farmers' Market</b> 3 pm	<b>15 Concert in the Commons: R-Factor</b> 7 pm, Pavilion	<b>16</b>	<b>17</b>	<b>18</b>
<b>19</b> 	<b>20 City Council Meeting</b> 7 pm, CC	<b>21 Economic Dev. Comm.</b> 7:30 am, UC <b>Farmers' Market</b> 3 pm	<b>22 Human Rights Commission</b> 7 pm, CC	<b>23 Parks and Recreation Commission</b> 7 pm, CC	<b>24 Friday Night Flix: Shrek Forever After (PG)</b> 8 pm, Pavilion	<b>25</b>
Recycling Week August 20-24						
<b>26</b>	<b>27 Environmental Quality Committee</b> 7 pm, CC	<b>28 Farmers' Market</b> 3 pm <b>Planning Commission</b> 7 pm, CC	<b>29</b>	<b>30</b>	<b>31</b>	

SEPTEMBER 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>2</div> <div></div>	<div>3</div>	<div>4</div> <div>Farmers' Market 3 pm</div> <div>City Council Meeting 7 pm, CC</div>	<div>5</div>	<div>6</div> <div>Bikeways And Trails Committee 7 pm, LC</div>	<div>7</div>	<div>1 / 8</div>
Recycling Week September 4-8						
<div>9</div>	<div>10</div> <div>Economic Dev. Authority 5 pm, CC</div> <div>Council Workshop 7 pm, CC</div>	<div>11</div> <div>Farmers' Market 3 pm</div>	<div>12</div>	<div>13</div>	<div>14</div>	<div>15</div>
<div>16</div> <div></div>	<div>17</div> <div>City Council Meeting 7 pm, CC</div>	<div>18</div> <div>Economic Dev. Comm. 7:30 am, UC</div> <div>Farmers' Market 3 pm</div>	<div>19</div>	<div>20</div> <div>Public Safety 7 pm, LC</div>	<div>21</div>	<div>22</div>
Recycling Week September 17-21						
<div>23</div>	<div>24</div> <div>Environmental Quality Committee 7 pm, CC</div>	<div>25</div> <div>Farmers' Market 3 pm</div> <div>Planning Commission 7 pm, CC</div>	<div>26</div> <div>Human Rights Commission 7 pm, CC</div>	<div>27</div> <div>Parks and Recreation Commission 7 pm, CC</div>	<div>28</div>	<div>29</div>
<div>30</div>			<div>(CC) Council Chambers</div> <div>(UC) Upper Conference Room</div> <div>(LC) Lower Conference Room</div> <div>(MC) Maintenance Center</div>		<div>(SP) Shoreview Pavilion</div> <div>(CCPL) Comm. Center Parking Lot</div> <div>(SCC) Shoreview Community Center</div> <div>(SCP) Shoreview Commons Park</div>	

11




CITY

\*\*\* Meeting dates/times/locations are subject to change. For more current information visit [www.shoreviewmn.gov](http://www.shoreviewmn.gov) or call 651.490.4600.



# SHOREVIEW CALENDAR

12

OCTOBER 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<sup>1</sup> <b>City Council Meeting</b> 7 pm, CC	<sup>2</sup> <b>Farmers' Market</b> 3 pm	<sup>3</sup>	<sup>4</sup> <b>Bikeways And Trails Committee</b> 7 pm, LC	<sup>5</sup>	<sup>6</sup>
Recycling Week October 1-5						
<sup>7</sup>	<sup>8</sup> <b>Economic Dev. Authority</b> 5 pm, CC <b>Council Workshop</b> 7 pm, CC	<sup>9</sup> <b>Farmers' Market</b> 3 pm	<sup>10</sup>	<sup>11</sup>	<sup>12</sup>	<sup>13</sup>
<sup>14</sup> 	<sup>15</sup> <b>City Council Meeting</b> 7 pm, CC	<sup>16</sup> <b>Economic Dev. Comm.</b> 7:30 am, UC <b>Farmers' Market</b> 3 pm	<sup>17</sup>	<sup>18</sup>	<sup>19</sup>	<sup>20</sup>
Recycling Week October 15-19						
<sup>21</sup>	<sup>22</sup> <b>Environmental Quality Committee</b> 7 pm, CC	<sup>23</sup> <b>Planning Commission</b> 7 pm, CC	<sup>24</sup> <b>Human Rights Commission</b> 7 pm, CC	<sup>25</sup> <b>Parks and Recreation Commission</b> 7 pm, CC	<sup>26</sup>	<sup>27</sup>
<sup>28</sup> 	<sup>29</sup>	<sup>30</sup>	<sup>31</sup>			
Recycling Week October 29-November 2						

NOVEMBER 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
(CC) Council Chambers (UC) Upper Conference Room (LC) Lower Conference Room (MC) Maintenance Center		(SP) Shoreview Pavilion (CCPL) Comm. Center Parking Lot (SCC) Shoreview Community Center (SCP) Shoreview Commons Park		<sup>1</sup> <b>Bikeways And Trails Committee</b> 7 pm, LC	<sup>2</sup>	<sup>3</sup>
<sup>4</sup>	<sup>5</sup> <b>City Council Meeting</b> 7 pm, CC	<sup>6</sup>	<sup>7</sup>	<sup>8</sup>	<sup>9</sup>	<sup>10</sup>
<sup>11</sup> 	<sup>12</sup> <b>City Offices Closed</b>	<sup>13</sup> <b>Economic Dev. Authority</b> 5 pm, CC <b>Council Workshop</b> 7 pm, CC	<sup>14</sup>	<sup>15</sup> <b>Public Safety Committee</b> 7 pm, LC	<sup>16</sup>	<sup>17</sup>
Recycling Week November 12-16						
<sup>18</sup>	<sup>19</sup> <b>City Council Meeting</b> 7 pm, CC	<sup>20</sup> <b>Economic Dev. Comm.</b> 7:30 am, UC	<sup>21</sup> <b>Human Rights Commission</b> 7 pm, CC	<sup>22</sup>	<sup>23</sup>	<sup>24</sup>
<sup>25</sup> 	<sup>26</sup> <b>Environmental Quality Committee</b> 7 pm, CC	<sup>27</sup> <b>Planning Commission</b> 7 pm, CC	<sup>28</sup>	<sup>29</sup>	<sup>30</sup>	
Recycling Week November 26-30						

\*\*\* Meeting dates/times/locations are subject to change. For more current information visit [www.shoreviewmn.gov](http://www.shoreviewmn.gov) or call 651.490.4600.

CITY



**City of Shoreview**

www.shoreviewmn.gov  
 Phone 651.490.4600  
**Parks & Recreation** 651.490.4750  
**Shoreview Comm. Center** 651.490.4700

**Communications****Access Shoreview**

Get our free electronic newsletter delivered after every Council meeting with recent City Council actions, City news and community events. For more information visit [www.shoreviewmn.gov](http://www.shoreviewmn.gov)

**Legal Notices**

All Legal Notices will soon be posted on our website.

**Shoreview Area Library**

4750 Victoria Street North  
 Shoreview, MN 55126  
 Phone: 651.486.2300  
[www.ramsey.lib.mn.us](http://www.ramsey.lib.mn.us)

**Federal Elected Officials**

**U.S. Senator Amy Klobuchar**  
 1200 Washington Avenue South, Suite 250  
 Minneapolis, MN 55415

**U.S. Senator Al Franken**  
 320 Hart Senate Office Building  
 Washington, DC 20510  
[Info@Franken.Senate.Gov](mailto:Info@Franken.Senate.Gov)

**U.S. Representative Betty McCollum**  
 165 Western Avenue North  
 Suite 17  
 St. Paul, MN 55102  
[www.house.gov/mccollum/contact.html](http://www.house.gov/mccollum/contact.html)

**State Elected Officials**

**Governor Mark Dayton**  
 130 State Capitol  
 75 Rev. Martin Luther King Jr. Blvd.  
 St. Paul, MN 55155  
[Mark.dayton@state.mn.us](mailto:Mark.dayton@state.mn.us)

**State Elected Officials, cont.**

**State Senator John Marty**-District 54  
 323 State Office Building  
 St. Paul, MN 55155  
[Sen.john.marty@senate.mn](mailto:Sen.john.marty@senate.mn)

**State Senator Barb Goodwin**-District 50  
 100 Rev. Dr. Martin Luther King Jr. Blvd.  
 St. Paul, Mn 55155  
[Sen.barb.goodwin@senate.mn](mailto:Sen.barb.goodwin@senate.mn)

**State Senator Roger Chamberlain**-District 53  
 75 Rev. Dr. Martin Luther King Jr. Blvd.  
 St. Paul, MN 55155  
[Sen.roger.chamberlain@senate.mn](mailto:Sen.roger.chamberlain@senate.mn)

**State Rep. Kate Knuth**-District 50B  
 429 State Office Building  
 St. Paul, MN 55155  
[Rep.kate.knuth@house.mn](mailto:Rep.kate.knuth@house.mn)

**State Rep. Bev Scalze**-District 54B  
 357 State Office Building  
 St. Paul, MN 55155  
[Rep.bev.scalze@house.mn](mailto:Rep.bev.scalze@house.mn)

**State Rep. Linda Runbeck**-District 53A  
 100 Rev. Dr. Martin Luther King Jr. Blvd.  
 St. Paul, MN 55155  
[Rep.linda.runbeck@house.mn](mailto:Rep.linda.runbeck@house.mn)

**County Elected Officials**

**Ramsey County Commissioner Tony Bennett**  
 City Hall-220 Courthouse  
 15 W. Kellogg Boulevard  
 St. Paul, MN 55102  
 651.266.8350  
[Tony.Bennett@co.ramsey.mn.us](mailto:Tony.Bennett@co.ramsey.mn.us)

**Post Office**

4390 McMenemy Street  
 Vadnais Heights, MN 55127  
 Phone: 651.481.1951

**Animal Control**

If you wish to report a lost or found pet, animal complaints or wandering pets, call the Ramsey County Sheriff's Office non-emergency number at 651.484.3366. For other emergencies call 911.

All impounded animals will be impounded at the following location:  
 Hillcrest Animal Hospital  
 1320 Highway 61  
 Maplewood, MN 55109  
 651.484.7211  
 Mon, Wed and Fri 8 A.M. – 6 P.M.  
 Tues and Thurs 8 A.M. – 8 P.M.

**Police**

Police protection is provided by the *Ramsey County Sheriff's Department*. The District Office is located at 1411 Paul Kirkwood Drive, Arden Hills, MN 55112.

**For non-emergencies call**

**651.484.3366**

**For emergencies call 911**

**Fire**

**For emergencies call 911**  
**Dispatch, Non-emergency**  
**651.767.0640**  
 Lake Johanna Fire Department  
 Fire Chief, Tim Boehlke  
 651.481.7024  
[ljfd@ljfd.org](mailto:ljfd@ljfd.org)

**Ambulance & Paramedic**

Ambulance and paramedic services are provided by Allina Medical Transportation.

**For emergencies call 911**

**Hours:**

Mon. .... 10 A.M. – 8:30 P.M.  
 Tues. & Wed. .... 1:30 P.M. – 8:30 P.M.  
 Thurs., Fri., & Sat. .... 10 A.M. – 5 P.M.  
 Sun. .... noon – 5 P.M.

FOR INFORMATION CALL 651-490-4750

ShoreViews is published four times a year by the City of Shoreview and is mailed free of charge to City residents. Send comments, suggestions and submissions to the City Editor, Tessia Melvin, or to Parks and Recreation Editor, Shari Kunza at ShoreViews, 4600 N. Victoria St., Shoreview, MN 55126.

The City of Shoreview and the U.S. Postal Service make every effort to deliver ShoreViews in a timely manner. Extra copies are available at City Hall and at the Parks and Recreation office.

# COMMUNITY CENTER

## GENERAL INFORMATION AND HOURS



### Call for More Information

Community Center Information

**651-490-4700**

Recreational Programs (classes)

**651-490-4750**

Rental Information

**651-490-4790**

City Information

**651-490-4600**

### Kids Care Hours\*

#### Morning Hours

Monday–Saturday

8:00 A.M. – 12:30 P.M.

#### Evening Hours

Monday–Thursday

4:00 P.M. – 8:30 P.M.

Friday

4:00 P.M. – 8:00 P.M.

CLOSED: Sept. 3, Nov. 22,

Dec. 24, 25, 31

\*additional fee required

### Community Center Information

- 14 laps equals 1 mile on the indoor track.
- Only half-court basketball games allowed in gym
- The Community Center is not responsible for lost or stolen property. Daily lockers are available for rent to secure your personal items. There are free mini-lockers across from the service desk for small items.
- Personal belongings and gym bags are not allowed on the track.
- Track & Fitness Center is open to ages 14-older.

### Daily Fees

Includes admission to the Tropics Indoor Waterpark, Indoor Playground, Fitness Center, Gymnasium and Indoor Track.

	Rate	Shoreview Resident
<b>Daily Pass</b>		
Adult (18 and over).....	\$ 9.24.....	\$ 7.75
Youth (1 to 17; under age 1 free with paying adult) .....	\$ 8.25.....	\$ 6.75
Family* (2 adults + children living in same household) .....	\$ 32.50.....	\$ 26.00
Seniors (65 and older) .....	\$ 8.25.....	\$ 6.75

\*Family pass is limited to six individuals. Each additional person is \$4.29.

**Indoor Playground Only** (ages 1 to 12) ..... \$ 5.00..... \$ 5.00

#### Coupon Books (Includes 10 daily passes)

Adult .....	\$ 83.02.....	\$ 69.63
Youth/Senior .....	\$ 74.18.....	\$ 60.53
Playground .....	\$ 44.99.....	\$ 44.99

#### Senior Track Discount (65 and over – for track use only)

Per visit.....	\$ 4.25.....	\$ 3.25
Punch card.....	\$ 32.00.....	\$ 25.00

Fees are subject to change. We welcome payment by Visa and MasterCard.

All rates above include sales tax.



### Hours

	Community Center	Waterpark**	Playground
Mon & Wed	5:00 A.M. – 10:00 P.M.	4:00 – 8:00 P.M.	8:00 A.M. – 8:00 P.M.
Tues & Thurs	5:00 A.M. – 10:00 P.M.	6:00 – 9:00 P.M.	8:00 A.M. – 8:00 P.M.
Friday	5:00 A.M. – 10:00 P.M.	4:00 – 9:45 P.M.	8:00 A.M. – 8:00 P.M.
Saturday	6:00 A.M. – 8:00 P.M.	Noon – 7:45 P.M.	8:00 A.M. – 8:00 P.M.
Sunday	6:00 A.M. – 8:00 P.M.	Noon – 6:00 P.M.	8:00 A.M. – 6:00 P.M.

#### Holiday Hours Call 651-490-4700 for specific information.

September 3	5:00 A.M.-6:00 P.M.	Noon – 5:45 P.M.	8:00 A.M.-6:00 P.M.
November 22	5:00 A.M.-4:00 P.M.	Noon – 3:45 P.M.	8:00 A.M.-4:00 P.M.
December 24	5:00 A.M.-4:00 P.M.	Noon – 3:45 P.M.	8:00 A.M.-4:00 P.M.
December 25	Closed	Closed	Closed
December 31	5:00 A.M.-4:00 P.M.	Noon – 3:45 P.M.	8:00 A.M.-4:00 P.M.

\*\*The waterpark has extended hours on most school release days. Please see our website for specific holiday hours.

#### Lap Swim Hours

Lap swim is available at various times throughout the week. See the service desk for a schedule or view it on our website at [www.shoreviewcommunitycenter.com](http://www.shoreviewcommunitycenter.com).

#### Drop-in Volleyball Rate: daily admission or free to members.

Mon, Tues, Thurs	12:00 P.M. – 1:00 P.M.
Sunday	8:00 A.M. – Noon

*The Shoreview Community Center is the perfect place to spend time with your friends and family while getting your daily workout!*



Find us on Facebook

# COMMUNITY CENTER

## MEMBERSHIP FEES AND BENEFITS

### Membership Fees

	Rate*	Shoreview Resident*
<b>Annual Membership</b>		
Family.....	\$ 717.74.....	\$ 567.76
Dual.....	\$ 632.04.....	\$ 503.49
Adult.....	\$ 423.14.....	\$ 326.73
Youth/Senior.....	\$ 337.44.....	\$ 267.81
<b>Seasonal Membership (Three month)</b>		
Family.....	\$ 278.53.....	\$ 224.96
Dual.....	\$ 257.10.....	\$ 203.54
Adult.....	\$ 182.11.....	\$ 139.26
Youth/Senior.....	\$ 139.26.....	\$ 112.48
<b>Annual Membership Billed Monthly (With one year membership agreement)</b>		
Family.....	\$ 65.35.....	\$ 53.56
Dual.....	\$ 56.78.....	\$ 48.21
Adult.....	\$ 39.64.....	\$ 32.14
Youth/Senior.....	\$ 34.28.....	\$ 26.78

\*Sales tax is included in price. There is a membership cancellation fee of \$100.

Persons aged 65 and older qualify for the Senior Citizen discounted rate. Youth are 17 and under. Dual Membership is two people residing in the same household. Family consists of 2 adults + children under 22 living in same household. Proof of dual and family member qualification is required.

Fees are subject to change. We welcome payment by Visa and Mastercard.



### Membership questions?

Contact Guest Services at **651-490-4739**.

### Membership Fees Credits

The Shoreview Community Center participates with the following insurance companies, which offer monthly reimbursements up to \$20 toward qualifying annual memberships. Eligibility and workout requirements vary. Please visit our Guest Services Office for more information, or call 651-490-4739. **Direct Deposit Now Available!** Your insurance reimbursements can be directly deposited into your bank account. See our Guest Services office for forms.



### Annual Membership Includes Unlimited Use Of:

- Fitness Center (14 years and older. Ages 12 and 13 must complete Teen Equipment Orientation)
- 30% off Group Fitness Classes
- Tropics Indoor Waterpark
- Tropical Adventure Indoor Playground
- Indoor Track (14 years and older)
- Basketball Courts
- Whirlpool (Adults 18 years and older)
- \$1 per hour per child Kids Care rate
- For non-residents, a special recreation program Registration Day and the ShoreViews mailed to your home.



### NEW First Time Annual Members also receive:

Special **Experience Us** book, which includes

- 1 family guest pass
- 1 adult guest pass
- 2 fitness drop-in class passes
- 1 Wave Cafe coupon
- 1 Kids Care sampler card
- 10% off Personal Training packages of 3 or more sessions
- 1 playground pass

**Experience Us** book is designed to encourage new members to experience all the amenities the Community Center has to offer.



### SilverSneakers®

Members of participating Medicare health plans can join the SilverSneakers® Fitness Program. Stay active and let your health plan provide your Community Center membership. Call your insurance company to see if you qualify for the SilverSneakers® Fitness Program and then stop by the Members Services office to complete your membership. If you have questions contact Guest Services at **651-490-4739**.

**SilverSneakers®**  
**Open House Dec. 6**

See p. 33 for more information.



## TROPICS INDOOR WATERPARK

### Waterpark Hours

*Beginning Sept. 22, 2012*

Monday & Wednesday 4:00 – 8:00 P.M.  
 Tuesday & Thursday ... 6:00 – 9:00 P.M.  
 Friday ..... 4:00 – 9:45 P.M.  
 Saturday..... 12:00 – 7:45 P.M.  
 Sunday..... 12:00 – 6:00 P.M.

#### Holiday & School's Out Hours

September 3..... Noon – 5:45 P.M.  
 October 12..... Noon – 9:45 P.M.  
 October 18..... Noon – 9:00 P.M.  
 October 19..... Noon – 9:45 P.M.  
 November 2..... Noon – 9:45 P.M.  
 November 19-21 ..... Noon – 9:00 P.M.  
 November 22..... Noon – 3:45 P.M.  
 November 23..... Noon – 9:45 P.M.  
 December 24..... Noon – 3:45 P.M.  
 December 25..... Closed  
 December 31 ..... Noon – 3:45 P.M.

The water park has extended hours on most school release days and during the summer. Please see our website for specific holiday hours.

**The Waterpark includes Shark Attack waterslide, beach boat slide, floating sea creature, water walk, volleyball and basketball.**



**ANNUAL POOL SHUTDOWN IS SEPTEMBER 4-21, 2012**



We can fill your day with endless fun as you enjoy a tropical getaway at Tropics Indoor Waterpark.

Come experience our crystal clear water with our Sphagnum Moss water enhancement system. This green system has improved our water quality, clarity, and as well a reduction in chlorine use. It makes for a more natural swimming experience as the Sphagnum Moss treated water is better on your skin, hair, swim suit and best of all your eyes.

Riders of Shark Attack waterslide will be able to experience our one of a kind jukebox system. Riders will be able to choose from over 100 songs and enjoy a custom light and music show while they twist and turn down our thrilling slide.

*Nothing can replace close adult supervision when using the pool. All children six years and under must be supervised by a paid adult swimmer. Supervisory adult must be within arm's reach of the child at all times.*

### Pool Information

- For our guests' safety, our lifeguards participate in ongoing training. Part of this training includes the use of life-like mannequins as a simulation device.
- Coast-Guard approved lifejackets are allowed when a swimming adult is present within arm's reach. Arm flotation and flotation swimming suits are prohibited.
- Pool is open for general use during most hours that the Community Center is open. However, classes may be in session or pool amenities may be unavailable.
- Boys need to be 4 years old and under to be in the women's locker room, girls need to be 4 years old and under to be in the men's locker room with an adult. Please use the family locker rooms.
- Complete pool and lap swim schedules are available at the service desk.
- For a complete list of Tropics Indoor Waterpark rules go to [www.shoreviewmn.gov](http://www.shoreviewmn.gov)

## TROPICAL ADVENTURE INDOOR PLAYGROUND

Come **CRAWL** through the caves, **SWING** through the jungle, slip down the waterfall **SLIDE**, and **SCREAM** down the five level spiral slide!



Monday - Saturday.....8:00 A.M. - 8:00 P.M.  
Sunday.....8:00 A.M. - 6:00 P.M.

Daily visit \$5.00 per child, ages 1-12

**FREE! to members**

### General Information

- Wristbands and socks are required
- The playground is an unsupervised area
- Parents and guardians are responsible for supervision of their children
- Children 6 and under must be accompanied by an adult
- Groups visiting the playground are posted at the entrance each week
- For information about **reserving space for your group**, call 651-490-4790.



## SPEND YOUR BIRTHDAY IN THE TROPICS

See page 19  
for our **NEW**  
party option!



### Make Your Child's Birthday Party Special!

### Celebrate at the Tropics Indoor Waterpark and Indoor Playground in the Shoreview Community Center

Celebrate your child's birthday party in the *tropical themed poolside birthday party rooms!* Our rooms include Coconut Cove, our private party room, with maximum capacity of 15, and Beachcomber Bay, which accommodates up to four parties at one time. You may choose the Cake Deal package or the Meal Deal package. Outside food is not allowed in the Coconut Cove or Beachcomber Bay party rooms.

**Call 651-490-4790  
to reserve your party  
package today!**



### TROPICAL PACKAGE

#### **Cake Deal**

Includes personalized birthday cake and ice cream, pop/juice box, birthday plates, napkins, cups, balloons, 90 minutes party time, T-shirt and card for birthday child and full-day use of Tropics Indoor Waterpark and indoor playground for all party goers.

Rate: \$17 per person  
\$16 Shoreview Resident

#### **Meal Deal**

Includes everything in the Cake Deal plus your choice of pizza, hot-dog or corndog and chips.

Rate: \$20 per person  
\$19 Shoreview Resident

### ADVENTURE PACKAGE

#### **Cake Deal**

Includes everything in the Tropical Package but limits full day use of the facility to the indoor playground only.

Rate: \$15 per person  
\$14 Shoreview Resident

#### **Meal Deal**

Includes everything in the Tropical Package limiting facility usage to the indoor playground only.

Rate: \$18 per person  
\$17 Shoreview Resident

#### **Beachcomber Bay** (*shared party room*)

Minimum purchase of birthday party package for 8 partygoers. No outside food allowed. Room will be shared with other party celebrations.

#### **Coconut Cove** (*private pool-side party room*)

Minimum purchase of birthday party package for 8 partygoers. No outside food allowed. Additional \$30 room rental fee.

#### **Themed Party Options**

Upgrade your child's party to include one of the following themes: Princess, Pirate, or Under the Sea. Your child will receive a personalized themed cake, and special paper products. An additional flat fee of \$10 will be added to your birthday party package.

#### **Meeting / Party Rooms**

Each room accommodates 20 partygoers for 2 hours of party time; additional rooms may be rented to accommodate more. You may rent a room and bring in your own food. Daily passes are sold separately.

Rate: \$45 Regular rental fee  
\$30 Shoreview Resident rental fee

*Fees are subject to change. Tax not included. When using the pool, all children six years old and under must be supervised by a paid adult swimmer who is 18 or older. Supervisory adult must be within arms' reach of that child at all times.*



# COMMUNITY CENTER

## PARTY IN THE TROPICS

### Special Rentals Have the Place to Yourself and Invite Your Friends!

#### Shoreview Community Center

The Shoreview Community Center is also available for groups, overnight, and after-hours private rentals. Each rate is listed per person and includes use of the Tropics Indoor Waterpark, gym facilities, and meeting rooms. Refundable damage deposit required. A minimum payment is necessary to rent our facility overnight. *Prices are per person.*

#### Overnight Rentals

Rate: \$19; \$17 Shoreview Resident

#### Private Pool Party Rentals

Private pool parties are available after regular business hours. A minimum payment is necessary to rent our facility for a private pool party. Prices are per person. Call 651-490-4790.

	Rate*	Shoreview Resident*
Two hours.....	\$10.50.....	\$10.00
Three hours .....	\$11.00.....	\$10.50
Four hours.....	\$11.50.....	\$11.00

\*Sales tax not included.

#### Group Rates (during building hours)

- All parties of 10 or more receive our special group rate
- Reservations are required for groups of 35 or more
- \$50 deposit required at time of booking
- Call 651-490-4790 for group rate and reservation information



Coconut Cove – Private Party Room



Beachcomber Bay – Shared Party Room

## NEW! Special Pool Parties Available

19

Available Fridays and Saturdays after 5pm

The Shoreview Community Center can accommodate larger groups in a private poolside party room on Friday and Saturday evenings after 5:00 p.m. Groups may bring in their own food or purchase food from the Wave Café. Party package includes the following:

- 2 hours in a private poolside party room for up to 50 people
- 10 wristbands for a full day use of Tropics Indoor Waterpark and Tropical Adventures Indoor Playground\*\*

\$160 /Shoreview Residents

\$175/Regular Rate

\*\*Extra wristbands will be an additional fee.



Great for birthday parties, team parties, or family gatherings.

**Call 651-490-4790  
to book your party!**

## BANQUET ROOM RENTALS

Our banquet rooms are perfect for corporate events, wedding ceremonies, receptions, dinners, and dances.



### Shoreview Room

Experience the elegance of our Shoreview Room for your next event. You and your guests will enjoy the convenience of the adjacent Fireside Lounge and expanded dance floor.

- Seating up to 300.
- Continental breakfast service available.
- Alcohol service available with in-house provider.
- New audio-visual equipment
- \$300 Refundable damage deposit is required.
- Catering Fee – \$100 for events up to 100 guests. \$200 for events over 100 guests. Requires licensed caterer for kitchen use.

Full Room	Rate*	Shoreview Resident*
Sunday–Thursday .....	\$ 595.....	\$ 520
Friday .....	\$ 950.....	\$ 850
Saturday.....	\$1,160.....	\$1,060

*Fees are subject to change. Tax not included. Call for more information.*

### Community Room

The Community Room features round tables, oak parquet dance floor, indirect lighting, and audio/visual equipment.

- Seating up to 250.
- Continental breakfast service available.
- Alcohol service available with in-house provider.
- \$300 Refundable damage deposit is required.
- Catering Fee – \$100 for events up to 100 guests. \$200 for events over 100 guests. Requires licensed caterer for kitchen use.

Full Room	Rate*	Shoreview Resident*
Sunday–Thursday .....	\$ 395.....	\$ 320
Friday .....	\$ 695.....	\$ 595
Saturday.....	\$ 845.....	\$ 740

Half Room	Rate*	Shoreview Resident*
Sunday–Thursday .....	\$ 210.....	\$ 180
Friday and Saturday .....	N/A.....	N/A

*Fees are subject to change. Tax not included. Call for more information.*

### Call for More Information

Community Center Information

**651-490-4700**

Recreational Programs (classes)

**651-490-4750**

Rental Information

**651-490-4790**

City Information

**651-490-4600**

## COMMUNITY & MEETING ROOM FACILITIES

### Haffeman Pavilion

It's not too early to reserve your space for a family picnic, company event, or graduation gathering at the Haffeman Pavilion located behind the Shoreview Community Center. Picnic tables accommodate up to 125 people! Call to reserve your date: 651-490-4790.

Rate: \$195; \$170 Shoreview Resident

*\*Sales tax not included. Refundable damage deposit required.*

### Picnic Shelter Rentals

Our parks are the perfect place for a small gathering or birthday party. Reserve a picnic shelter for your next event by calling 651-490-4790. Rental fee is \$25 plus tax.

Lake Judy Park .....Seats 15

Shamrock Park .....Seats 35

McCullough Park .....Seats 15

Commons Park .....Seats 20

Sitzer .....Seats 24

### Meeting Rooms

We are able to accommodate 20 people per room, depending on the arrangements. Retractable walls allow flexibility for accommodating large groups and seminars.

- Meeting rooms are rented in 2-hour blocks.
- Rates are listed per room for each time block rented.

Rate: \$45; \$30 Shoreview Resident (50% of group living in Shoreview)

*\*Sales tax not included.*

### Island Lake Room

Our new Island Lake Room is comfortable and quiet, suitable for all your meeting needs. Enjoy the window lighting as well as the on-site audiovisual equipment, including an interactive white board.

- Island Lake Room is rented in 2-hour blocks.

Rate: \$65; \$50 Shoreview Resident

*\*Sales tax not included.*



### Call for More Information

Community Center Information

**651-490-4700**

Recreational Programs (classes)

**651-490-4750**

Rental Information

**651-490-4790**

City Information

**651-490-4600**



## TABLE OF CONTENTS

Aquatics	24
Fitness	30
Ice Skating	39
Preschool	40
Tumbling	42
Youth Programs	43
Special Events	44
Youth Sports	46
Tennis	48
Adult Sports	49
Adult Activities	50
Shoreliners	51
Community Information	52
Employment	53
Registration Information	54
Recreation Areas	56

## FALL RECREATION PROGRAMS REGISTRATION SCHEDULE

*Registrations processed online are given immediate priority followed by in-person registration. Registrations received via mail, fax, or drop-off are processed as time permits.*

### Shoreview Resident Priority

Shoreview residents are given first priority in registering for Parks and Recreation programs.

#### **Tuesday, August 14**

On-line registration for residents begins at 8:00 A.M.

#### **Friday, August 17**

In person, mail, fax, and drop-off registration begins at 8:00 A.M.

### Annual Community Center Member Registration

#### **Friday, August 17**

In person, mail, fax, and drop-off registration begins at 8:00 A.M.

### General Registration

Anyone may register at this time. No residency or membership required.

#### **Tuesday, August 21**

On-line registration begins at 8:00 A.M.

#### **Friday, August 24**

In person, mail, fax, and drop-off registration begins at 8:00 A.M.



## EASY 5 WAYS TO REGISTER

1. On-line at:  
[www.shoreviewcommunitycenter.com](http://www.shoreviewcommunitycenter.com)
2. Mail-in
3. Fax 651-490-4797 payment  
by credit card only
4. Drop-off
5. In-person



Scan with  
Smartphone  
to register.

### Shoreview Parks and Recreation

4580 Victoria St. N

Shoreview, MN 55126

Office located on upper level of the Shoreview Community Center

651-490-4750

[recreation@shoreviewmn.gov](mailto:recreation@shoreviewmn.gov)

[www.shoreviewmn.gov/programs](http://www.shoreviewmn.gov/programs)

### Office Hours

Monday – Friday

8:00 A.M. – 4:30 P.M.

### Special Office Hours

September 4 & 5

Open until 7:00 p.m.

September 24-26

Open until 7:00 p.m.



**Party in the Tropics!**

**at the Shoreview Community Center**

Many options to choose from including:  
**NEW! THEMED PARTY PACKAGES**  
Princess, Pirate, & Under the Sea  
(See page 18 for more information.)

**Reserve your party!**  
**Call 651.490.4790**




**Gear Up for the Holidays!**

No initiation fees | Affordable prices | State-of-the-art fitness facility  
Comfortable atmosphere | Health insurance discounts available  
Variety of fitness classes including: Zumba®, Kettlebell & Tabata!

**Annual Membership Includes Access To:**  
Fitness Center | 30% off Group Fitness Classes | Gymnasium  
Tropics Indoor Waterpark | Indoor Playground | Track | & more!

**Shoreview Community Center**  
Tropics Waterpark & Fitness Center

**Your Goals, Our Resources!**

651.490.4700 | [www.ShoreviewCommunityCenter.com](http://www.ShoreviewCommunityCenter.com)  Like Us!



# AQUATICS

## SHOREVIEW PARKS AND RECREATION SWIM LESSONS

Shoreview Parks and Recreation swim lessons use a fun and imaginative approach to help students create a lifelong love of swimming. Students will learn new skills and build on skills previously learned, making each level progressive throughout the session.

We welcome students of all abilities to participate in our group lessons. Private lessons are also available for students who prefer individualized instruction. Our instructors participate in ongoing training sessions and are selected based on their desire to teach, their enthusiasm, and their swimming ability. Parent-instructor communication is vital to the success of each swimmer. Please contact the Aquatic Coordinator if there is anything your instructor can provide to maximize your swimmer's experience. Our mission is to provide an inclusive program for all.

The Community Center pool water temperature is kept between 83 and 84 degrees.

### Group Lessons

Rate for 8 wk group lessons: \$71; \$63 Shoreview Resident

Rate for 6 wk group lessons: \$53; \$47 Shoreview Resident

These lessons will have 1 instructor to a maximum student ratio of:

PS	1 to 4
L1-L3	1 to 5
L4 & L5	1 to 6
L6 & L7	1 to 7

**Small  
Class Sizes**

Classes with more students will be assigned an aid to assist in instruction. All group lessons will meet 35 minutes for eight sessions. Star Fish lessons are 30 minutes. For more information on group lesson levels please refer to descriptions located to the right.

### Private Lessons (PR)

Rate for eight, 30-minute private or semi-private swim lessons, available at set times.

\$142; \$130 Shoreview Resident

\$108; \$99 Shoreview Resident each for two participants of equivalent ability

Rate for 6 wk private lesson or semi-private lessons

\$105; \$96 Shoreview Resident

\$82; \$75 Shoreview Resident each for two participants of equivalent ability

Private or semi-private lessons are available. One-on-one attention may be just what is needed to advance levels or gain that confidence in the water. Available private lessons are located on pages 26-27.

## Free Swim Checks

Do you know what level to sign up for? Stop by on one of the following days to find out! If you plan on staying for open swim starting at 12 P.M., please purchase a wrist band at the front desk. Swim checks take approximately 10 minutes.

Location: Shoreview Community Center Pool

Time: 11:00 A.M. – 12:00 P.M.

Saturday, August 11

Sunday, August 12

Saturday, September 22

Sunday, September 23

## AQUATICS LEVEL DESCRIPTIONS

**Star Fish 1** Ages 9 Months to 24 Months

**Star Fish 2** Ages 24 Months to 36 Months

The Star Fish program is a parent/child program for swimmer and non-swimmer parents to promote water safety and water adjustment in a safe and secure learning environment. Each class will be geared toward the respective age group. One adult must accompany each child in the water.

**Preschool (PS) – Jelly Fish** Ages 3 and 4

This course is an introduction to the pool, group learning and lessons without a guardian in the water. Little ones get comfortable and learn to enjoy activities in the water safely. Swimmers will learn the following:

- Comfort with group instruction
- Enter/Exit water independently
- Blow Bubbles
- Submerge face in water
- Front/back float with support
- Flutter kick on front/back with support





## Level 1 (L1) – Angel Fish

*Ages 4 or passed preschool level*

Level 1 offers the opportunity to learn basic exploration that leads to assisted swimming. Students must be comfortable in the water without parents and should come prepared to put their faces in the water for retrieving objects.

Swimmers will learn the following:

- Supported float on the front and back
- Supported kicking on the front and back
- Fully submerged face to retrieve objects underwater
- Front/back glides with support
- Swimmers will also receive an orientation to deep water with support

## Youth Beginner (YB) *Ages 6 and over*

The youth beginner class is for ages 6 and older who are new to swim lessons or haven't taken them for several years. Students will be in class with other school-aged children and learn at a faster pace. Students can continue to take youth beginner until they reach a level that includes their peers.

## Level 2 (L2) – Sea Monkeys

The objective of Level 2 is to help swimmers successfully manage fundamental skills as they progress toward swimming unassisted. Swimmers must be comfortable on their own, fully submerged in an area they can touch. Swimmers will learn the following:

- To float and glide on front and back
- Integrate combined stroke on front and back, using kick and alternating arm action for 8 yards.
- Personal safety skills
- Flutter kick with support

## Level 2.5 (L2.5) – Otters

Level 2.5 bridges the gap between L2 and L3. Swimmers will focus on developing a strong flutter kick and balance in the water. Swimmers will learn the following:

- Flutter kick on front and back with support in deep water
- Front crawl
- Deep water

## Level 3 (L3) – Seals

Level 3 builds on skills by coordinating strokes and increasing endurance. Swimmers will learn the following:

- Coordinate front crawl
- Treading water
- Coordinate back crawl
- Flutter kicks and whip kick
- Elementary backstroke

## Level 4 (L4) – Sting Rays

Level 4 develops endurance in previously learned strokes and introduces the breaststroke. Swimmers will learn the following:

- Elementary backstroke
- Treading water, 1 minute
- Front and back crawl
- Open turns
- Breaststroke

## Level 5 (L5) – Dolphins

Level 5 refines coordination and increases endurance of keystrokes. Swimmers will learn the following:

- Elementary backstroke
- Breaststroke
- Front and back crawl
- Butterfly (introduction)

## Level 6 (L6) – Orcas

Level 6 polishes strokes to allow swimming with more ease, efficiency, power and smoothness over greater distances.

Swimmers will learn the following:

- Front and back crawl
- Butterfly
- Breaststroke
- Turns
- Sidestroke

## Level 7 (L7) – Sharks

- Endurance skills
- Stroke techniques
- Personal water safety
- Basic workouts

## ADULT PRIVATE SWIM LESSONS

Register for private lessons listed on page 26-27.

**\$142; \$130 Shoreview Resident**

These private lessons are perfect for mature learners starting with either basic swimming skills or looking to fine tune their strokes. Participants will learn everything from floating to efficient strokes at a personalized speed. Please contact the Aquatic Coordinator at 651-490-4766 to request an adult swim lesson instructor.



# SHOREVIEW COMMUNITY CENTER POOL

## MONDAY

**Sept 24 - Nov 26**

*No Class: Oct. 15 or Nov 19*

### Morning

9:00 AM	LI	430101-01
9:40 AM	PS	430111-01
10:20 AM	SFI&2	430110-01

### Evenings

4:00 PM	PS	430111-06
	LI	430101-05
	L2	430102-05
	PR	430114-02
	PR	430114-03
4:45 PM	PS	430111-07
	LI	430101-06
	L2	430102-06
	L2.5	430112-02
	L3	430103-02
5:30 PM	PS	430111-08
	L2	430102-07
	L2.5	430112-03
	L4	430104-02
	PR	430114-04
	PR	430114-05
6:15 PM	PS	430111-09
	PS	430111-10
	L2.5	430112-04
	L3	430103-03
	L5	430105-01
6:20 PM	SF 2	430110-03
7:00 PM	LI	430101-07
	L2	430102-08
	L4	430104-03
7:45 PM	L2	430102-09
	L7	430107-01
	PR	430114-06

## TUESDAY

**Sept 25 - Nov 27**

*No Class: Oct. 16 or Nov 20*

### Morning

9:10 AM	PS	430111-02
9:55 AM	L2	430102-01
10:40 AM	LI	430101-02
11:20 AM	PR	430114-01

### Evenings

4:00 PM	PS	430111-11
	LI	430101-08
	L2.5	430112-05
	PR	430114-07
	PR	430114-08
4:45 PM	PS	430111-12
	L2	430102-10
	L2.5	430112-06
	L3	430103-04
	YB	430113-01
5:30 PM	PS	430111-13
	L2	430102-11
	L3	430103-05
	PR	430114-09
	PR	430114-10
6:15 PM	PS	430111-14
	LI	430101-09
	L2.5	430112-08
	L3	430103-06
	L4	430104-04
6:20 PM	SFI&2	430110-04
7:00 PM	LI	430101-10
	L2.5	430112-09
	L5	430105-02
	PR	430114-11
	PR	430114-12
7:45 PM	LI	430101-11
	PR	430114-13
	PR	430114-14
	PR	430114-15
	PR	430114-16
	PR	430114-17

## WEDNESDAY

**Sept 26 - Nov 28**

*No Class: Oct. 17 or Nov 21*

### Morning

9:10 AM	PS	430111-03
9:55 AM	PS	430111-04
10:40 AM	L2	430102-02
11:20 AM	LI	430101-03

### Evenings

4:00 PM	PS	430111-15
	LI	430101-12
	L2	430102-12
	PR	430114-18
	PR	430114-19
4:45 PM	PS	430111-16
	LI	430101-13
	L2	430102-13
	L2.5	430112-10
	L2.5	430112-11
	L5	430105-03
5:30 PM	PS	430111-17
	LI	430101-14
	L2	430102-14
	L3	430103-07
	L4	430104-05
	PR	430114-20
6:15 PM	PS	430111-18
	LI	430101-15
	L2.5	430112-12
	L3	430103-08
	YB	430113-02
6:20 PM	SF 1	430110-05
7:00 PM	LI	430101-16
	L2	430102-15
	PR	430114-21
	PR	430114-22
7:45 PM	L6	430106-01
	PR	430114-23

## AQUATIC KEY

**SF1** – Star Fish 9-24 mths

**SF2** – Star Fish 24-36 mths

**PS** Preschool

**LI** Level 1,2, etc...

**YB** Youth Beginner

**PR** Private Lessons

## A Note About Community Center Lessons

If you wish to swim before  
or after class at the  
Community Center a  
wristband may be purchased  
at the guest service desk.  
On weekend mornings, your  
child will not be able to swim  
before or after class until open  
swim, which begins at noon.

## LESSON RATES

### 8 Week Classes

#### Group

\$71; \$63 Shoreview Resident

#### Private

\$142; \$130 Shoreview Resident

#### Semi-Private

\$108; \$99 Shoreview Resident  
(2 participants of equivalent ability)

### 6 Week Classes

#### Group

\$53; \$47 Shoreview Resident

#### Private

\$105; \$96 Shoreview Resident

#### Semi-Private

\$82; \$75 Shoreview Resident  
(2 participants of equivalent ability)

# SHOREVIEW COMMUNITY CENTER POOL

## THURSDAY

Sept 27 - Nov 29

No Class: Oct. 18 or Nov 22

### Morning

9:10 AM	L2	430102-03
9:55 AM	L2.5	430112-01
10:40 AM	L3	430103-01
11:20 AM	L4	430104-01

### Evenings

4:00 PM	L1	430101-17
	L2	430102-16
	L2.5	430112-13
	PR	430114-24
	PR	430114-25
4:45 PM	PS	430111-19
	L1	430101-18
	L2	430102-17
	L4	430104-06
	L6	430106-02
5:30 PM	PS	430111-20
	L1	430101-19
	L2	430102-18
	L2.5	430112-14
	L3	430103-09
6:15 PM	PS	430111-21
	L2	430102-19
	L2.5	430112-15
	L3	430103-10
	L5	430105-04
6:20 PM	SF1	430110-06
7:00 PM	L2.5	430112-16
	L4	430104-07
	PR	430114-26
	PR	430114-27
7:45 PM	L7	430107-02
	PR	430114-29
	PR	430114-30
	PR	430114-31
	PR	430114-32

## FRIDAY

Sept 28 - Nov 30

No Class: Oct. 19 or Nov 23

### Morning

9:10 AM	L1	430101-04
9:55 AM	L2	430102-04
10:40 AM	PS	430111-05
11:20 AM	SF1&2	430110-02

## SATURDAY

Sept. 29 - Dec. 1

No Class: Oct. 20 or Nov 24

### Morning

8:15 AM	PS	430111-22
	L1	430101-20
	L2	430102-20
	L2.5	430112-17
	L3	430103-11
	PR	430114-33
	PR	430114-34
	PR	430114-35
	PR	430114-36
	PR	430114-37
9:00 AM	PS	430111-23
	L1	430101-21
	L1	430101-22
	L2.5	430112-18
	L2.5	430112-19
	L3	430103-12
	L4	430104-08
	L5	430105-05
	YB	430113-03
	PR	430114-38
9:05 AM	SF2	430110-07
9:45 AM	PS	430111-24
	PS	430111-25
	L1	430101-23
	L2	430102-21
	L2.5	430112-20
	L3	430103-13
	L5	430105-06
	L6	430106-03
	YB	430113-04
	PR	430114-39
9:50 AM	SF1	430110-08
10:30 AM	PS	430111-26
	L1	430101-24
	L2	430102-22
	L2.5	430112-21
	L2.5	430112-22
	L3	430103-14
	L4	430104-09
	L7	430107-03
	PR	430114-40
	PR	430114-41
10:35 AM	SF1&2	430110-09
11:15 AM	PS	430111-27
	L1	430101-25
	L2	430102-23
	L2	430102-24
	L2.5	430112-23
	L3	430103-15
	L4	430104-10
	PR	430114-42
	PR	430114-43
	PR	430114-44

## SUNDAY

Sept. 30 - Dec. 2

No Class: Oct. 21 or Nov 25

### Morning

9:00 AM	PS	430111-28
	L1	430101-26
	L2	430102-25
	L3	430103-16
	YB	430113-05
	PR	430114-45
9:45 AM	PS	430111-29
	L1	430101-27
	L2	430102-26
	L2.5	430112-24
	L2.5	430112-25
	L3	430103-17
10:30 AM	PS	430111-30
	L2	430102-27
	L4	430104-11
	PR	430114-46
	PR	430114-47
11:15 AM	PS	430111-31
	L1	430101-28
	L2	430102-28
	L2.5	430112-26
	L2.5	430112-27
	L5	430105-07

## TUESDAY/THURSDAY

Dec. 4 - Dec. 20

6 Lessons Only-discounted fee

### Mornings

9:10 AM	SF1&2	430110-10
9:55 AM	L2.5	430112-30
10:40 AM	L2	430102-31
11:20 AM	L1	430101-29

### Evening

4:00 PM	PS	430111-32
	L1	430101-29
	PR	430114-48
	PR	430114-49
4:45 PM	L2	430102-29
	L2.5	430112-28
	PR	430114-50
	PR	430114-51
5:30 PM	PS	430111-33
	L3	430103-18
	PR	430114-52
	PR	430114-53
6:15 PM	L1	430101-30
	L2.5	430112-29
	PR	430114-54
	PR	430114-55
7:00 PM	PS	430111-34
	L2	430102-30
	PR	430114-56
	PR	430114-57
7:45 PM	L4	430104-12
	PR	430114-58
	PR	430114-59
	PR	430114-60



# SPECIAL AQUATICS/CPR & FIRST AID

## RED CROSS LIFEGUARDING TRAINING

Ages 15+ ..... Pack a lunch, swimsuit, towel and snacks!  
Saturdays..... 8:00 A.M. – 2:00 P.M.  
Sundays..... 10:00 A.M. – 4:00 P.M.  
Wednesday..... 6:00 P.M. – 9:00 P.M.

November 10, 11, 14, 17, 18  
\$240; \$225 Shoreview Resident ..... **Activity # 450402-01**

Shoreview Community Center/Chippewa Middle School Pool

American Red Cross Lifeguard Training includes certification in Lifeguard Training, and Standard First Aid/CPR/AED, current for 2 years. This course provides all information necessary to recognize, respond, and care for emergencies in an aquatic environment and more. Certification will be issued after successful completion of a written exam and skill check off. Participants will receive a manual and CPR mask to take home. The following are course prerequisites:

- Minimum age 15 years • Tread water for 2 minutes
- 300-yard swim • Retrieve 10 lb. brick from pool bottom



## RED CROSS COMMUNITY CPR/AED

\$80; \$72 Shoreview Resident..... 6:00 P.M. – 10:00 P.M.  
Tuesday, Oct. 16..... **Activity # 450301-01**  
Monday, Nov. 26 ..... **Activity # 450301-02**

Shoreview Community Center

This course provides certification in infant, child and adult CPR including AED. Learn what to do in breathing emergency situations. This class teaches skills in rescue breathing, obstructed airway, CPR, and how to use an AED. Certification will be issued after successful completion of a written test and skill check off. Participants will receive a keychain, CPR mask and ready reference materials. If you are interested in gaining your First Aid Certificate check out our discounted rates below when you sign up for both.

## RED CROSS STANDARD FIRST AID

\$52; \$47 Shoreview Resident..... 6:00 P.M. – 8:30 P.M.  
Thursday, Oct. 18..... **Activity # 450302-01**  
Thursday, Nov. 29 ..... **Activity # 450302-02**

Shoreview Community Center

Learn how to provide basic first-aid care for injuries and sudden illnesses until advanced medical personnel arrives. Ready reference materials included.

## RED CROSS COMMUNITY CPR/AED AND FIRST AID

**Sign up for both CPR & First Aid Certifications and take advantage of our REDUCED RATE! Refer to course descriptions above.**

\$92; \$84 Shoreview Resident  
Tues. Oct. 16, 6:00 P.M. – 10:00 P.M. and  
Thurs. Oct. 18, 6:30 P.M. – 8:30 P.M.  
..... **Activity # 450303-01**

Mon. Nov. 26, 6:00 P.M. – 10:00 P.M. and  
Thurs. Nov. 29, 6:30 P.M. – 8:30 P.M.  
..... **Activity # 450303-02**

Shoreview Community Center

## SNORKELING

Ages 8 to 13

Friday, Oct. 19..... 11:00 A.M. – 12:00 P.M.  
\$22; \$20 Shoreview Resident..... **Activity # 430306-01**

Saturday, Nov. 24..... 11:00 A.M. – 12:00 P.M.  
\$22; \$20 Shoreview Resident..... **Activity # 430306-02**

Friday, Dec. 28..... 11:00 A.M. – 12:00 P.M.  
\$22; \$20 Shoreview Resident..... **Activity # 430306-03**

Community Center Pool

Come learn the basics of snorkeling, we will provide the equipment for youth ages 8 to 13. For those over the age of 13 years and would like to learn the basics are required to provide their own snorkeling gear (goggles and snorkel). A variety of abilities are encouraged to join us in discovering the underwater world although basic swimming skills are needed.

## SCOUT MERIT BADGES

Swimming and Lifesaving Merit Badges can be completed at the Shoreview Community Center. You will be asked to provide the Merit Badge Books and Certification Card. We will provide the Swimming or Lifesaving workbook and Instructor.

### Swimming Merit Badge

This badge will take 4 hours to complete.

\$49; \$45 Shoreview Resident

Thursday, Oct. 18, 8 A.M. – 12 P.M... **Activity # 430301-02**

Wednesday, Nov. 14, 5 P.M. – 9 P.M. **Activity # 430301-03**

### Lifesaving Merit Badge

This badge will take 5 hours to complete.

\$55; \$50 Shoreview Resident

Friday, Oct. 19, 8 A.M. – 1 P.M. .... **Activity # 430301-04**

Tuesday, Nov. 20, 4 P.M. – 9 P.M. .... **Activity # 430301-05**

## DISCOVER SCUBA

Ages 12 and older

September 20 from 5 – 6 P.M.....**Activity # 430306-04**

\$22; \$20 Shoreview Resident

Chippewa Middle School Pool

This is a great opportunity for individuals to use scuba gear under the care of a certified Scuba Instructor. The class includes a briefing on equipment along with trying on the gear and exploring the bottom of the pool. Sign up soon, space is limited to the first 10 registered. If you have asthma, you are required to provide a Doctor's note stating it is safe for you to participate.

## SUPERSITTER BABYSITTING CLINIC

Grades 5 to 7 ..... \$55; \$45 Shoreview Resident

8:00 A.M. – 12:30 P.M.

Saturday, Aug. 18..... **Activity # 350101-03**

Friday, Oct. 12..... **Activity # 450101-01**

Monday, Nov. 19 ..... **Activity # 450101-02**

Saturday, Dec. 8..... **Activity # 450101-03**

Saturday, Dec. 22..... **Activity # 450101-04**

Shoreview Community Center

Both beginning and experienced sitters benefit from this comprehensive clinic. Instructors cover the basics of child care, first aid, sitter safety, crafts, kid proofing, toys, nutrition and more. Participants who successfully complete the program will receive a certificate of completion. Course fee includes sitter manual, and sitter sack to use on the job. To find out how to set up a class for your scout group, call 651-490-4766. Must have a minimum of 5 participants to run the class.



# GROUP FITNESS

## FITNESS REGISTRATION

Call for information: 651-490-4750

**FALL SESSION** Sept. 4 – Dec. 23 (15 weeks)

**WATER EXERCISE** Sept. 24 – Dec. 23 (12 weeks)

*Free classes offered Nov. 19 – Nov. 25*

Welcome to Shoreview's group fitness classes. Shoreview Parks and Recreation Fitness program boasts the best equipment in the industry with two state-of-the-art fitness studios. Our classes utilize high-quality resistive equipment, and new, innovative program offerings. Our instructors are nationally certified and follow the standards and recommendations of nationally accredited fitness organizations.

Shoreview Fitness is committed to providing fitness opportunities for individuals of all ages, fitness levels, and health status. Most fitness classes are suitable for everyone, but there are also class options available for beginners and those looking for classes of lower intensity levels. Please feel free to call to find out which classes best suit your needs – 651-490-4750.

**Annual Members receive 30% off group fitness classes listed on pp. 34-35 with the exception of Youth Fitness classes. Discount now available online!**

## FITNESS PUNCH CARDS

Give our fitness classes a try! This Punch Card will allow you to take five classes during the session. Note: if individual classes are full, Punch Card holders may not be able to participate. Drop-In class schedule will be available the first week of classes. Card does not include Tae Kwon Do classes.

### Activity #

Revvig, Hip Hop, Zumba® and Kettlebell \$42; \$37 Shoreview Resident.....	<b>410401-01</b>
Yoga, Pilates, and Yogalates \$47; \$42 Shoreview Resident.....	<b>410402-01</b>
All Other Fitness Classes \$30; \$27 Shoreview Resident.....	<b>410403-01</b>

Available for purchase at Lower-Level Service Desk or Upper Parks and Recreation Desk during office hours.

## DROP-IN RATES

Drop-in passes allow you to attend a class. Drop-in schedule will be available the first week of classes.

Yoga, Pilates, and Yogalates	\$10.50; \$9.50 Shoreview Resident
Revvig, Hip Hop, and Zumba® and Kettlebell	\$9.50; \$8.50 Shoreview Resident
All Other Fitness Classes Drop-in Rate	\$7; \$6 Shoreview Resident

## MIND/BODY OPTIONS

### Core Fusion

If you're looking for a strong, toned, and graceful body then this class is for you. Core Fusion mixes body sculpting with flexibility, strength training and balance work. Core Fusion will build upon the influences of Yoga and Pilates, but don't expect to hear water falls in the background because this high-energy class will have you moving to the sounds of the top 40's in a non-stop low impact format.

### Mind/Body Yoga

Begin to experience a new awareness of yourself: body, mind, and spirit. This class is appropriate for those new to yoga or returning students. Mind/Body Yoga emphasizes flexibility, balance, and overall strength. Each class will teach stretching (asana), breath awareness (pranayama), and deep relaxation (meditation). Candlelight Yogoa is performed in the relaxing atmosphere of candlelight.

**\*\* One-on-one personal Yoga sessions are available. Please call 651-490-4768 to find out more.**

### Pilates

Pilates is a method of body conditioning, a unique system of stretching and strengthening exercises developed over 90 years ago by Joseph Pilates. It strengthens and tones muscles, improves posture, provides flexibility and balance. Pilates unites body and mind and creates a more streamlined shape.

**Intermediate Pilates requires basic knowledge and previous Pilates experience.**

### Yoga Strength

Gain strength, stamina, and balance with this non-purist, athletic style of yoga. Bring your body and mind together for peak performance.

### Yogalates

Try a great class that incorporates both the core strength component of Pilates and the relaxation techniques of yoga. An hour of working out the body and the mind.







## CLASS DESCRIPTIONS

### STRENGTH OPTIONS

#### BOSU and Kettlebell

BOSU and kettlebell combines elements of step, strength, plyometric, and core training on the BOSU Balance Trainer with additional equipment including Kettlebells to provide a full-body cardiovascular, core, and strength workout.

#### Circuit

This low-impact class features non-stop, anything-but-boring and always-changing activity. You will get to use all of our group fitness “TOYS” as you alternate between cardio-strength exercises. This class will challenge your muscles in a variety of ways keeping your mind focused and body energized.

#### Classic Conditioning

Staying fit is important for people of all ages. Regular exercise can prevent the decreases in muscle mass, balance, flexibility, endurance, bone density, and the resulting aches and pains that are associated with aging and decreased activity. These classes will use a variety of exercises to safely help you improve your quality of life with an emphasis on improvements in cardiovascular health and muscular performance. Participants will experience increased energy levels and the group setting will provide the motivation that will encourage an active lifestyle.

#### Kettlebell Training

Kettlebell exercises develop strength, power, stamina and provide a full-body workout that will help you transform your body. Kettlebell classes will also incorporate non-kettlebell conditioning drills for an even greater challenge. (see page 39 for one-on-one kettlebell instruction).

#### Power Pump

Power Pump is a strength training workout targeting all of the major muscles to strengthen and tone you into shape. This class will utilize supersets, tempo changes, slow reps, and pulses that will challenge your body and save you some time in the gym. Equipment used includes a variable weight bar and selected weight plates. Dumbbells and bands will hit those forgotten muscles. For the best results, two times per week is suggested. Power Pump is suitable for everyone from beginners to advanced strength trainers. Resistance training not only increases strength and performance in activities and sports, it also helps decrease the occurrence of injuries and can prevent conditions such as arthritis and osteoporosis. Classes great for all levels.

#### Strength Training

This basic strength class uses hand weights, resistance bands, stability balls and more to strengthen every major muscle group in your body. Everyone works at their own ability and chooses their own weight loads and resistance levels. Whether you are trying to increase your bone density, build strength, or tone your body.

#### Total Body Workout

Work all of your muscles in this total body workout. It will challenge your agility, speed, strength, and endurance. Classes will include a variety of weights, bodyweight exercises, conditioning drills, cycling, kickboxing, core work, kettlebells and more. Come ready to work!

### CARDIO OPTIONS

#### Boot Camp

Boot Camp is the definition of workout variety, including kettlebells, free weights, step, BOSU, and sports agility equipment to complete a high intensity total body workout. This is the perfect class for those who enjoy group fitness as a means to push workouts to the next level without the feel of typical aerobics classes.

#### Cardio Groove

Get your groove on in this “hi-lo” impact class. As you move to your favorite hits you will increase your endurance level and burn fat. Class begins with a warm-up to prepare for 35 minutes of easy-to-learn dance and aerobics combinations. Before you know it, you will be cooling down and finishing with a core workout.

#### Cardio Kickboxing

A dynamic and energetic class that combines kicks, jabs, and strong arm and leg work to warm you up and keep you moving. A great way to strengthen muscles and burn body fat.

#### Latin Hip Hop

Latin Hip Hop is a high energy workout that takes Latin dance movements and adds a twist of hip hop. This class will get you in the groove with the combination of Hip Hop and Latin dance combos that are designed for all levels and produce a high level of energy expenditure. Showcase your versatility and passion with a smooth, fun routine that everyone can enjoy. All levels welcome!

#### NEW! Latin Cardio Kick

A fusion class combining latin dance steps & routines, cardio kickboxing, and total body conditioning. This class will touch on all areas for a high energy total body workout.

# CLASS DESCRIPTIONS

## CARDIO OPTIONS, cont.

### Revvig

Cycling is an activity that produces one of the highest rates of calorie expenditure. Revvig is an indoor group cycling class that is fun, challenging, and accommodates all fitness levels, using revolutionary group exercise cycles. This energetic class consists of a continuous bike ride set to up-beat music with “hill climbs” and sprints mixed in to simulate cycling outdoors. The resistance of the stationary revvig bikes is adjustable to accommodate all levels and intensities.

### Step and Strength

This class provides benefits in cardio fitness, fat burning, and strength training. This is a great cross-training class that utilizes an adjustable step and resistance equipment. All levels and abilities are encouraged to participate. This class will keep you moving and motivated.

### Step It Up!

Start out with some basic step moves to get warmed up. The next step is to learn some fun patterns, combinations, and movements on an adjustable height step to meet all levels of endurance. Class ends with a cool down and core exercises.

### Tabata

Tabata classes apply the Tabata Protocol of interval training to strength training, plyometrics, total body, and additional training methods to provide a high intensity workout. Participants will find that Tabata is a highly efficient means of exercise that will give them the best results in the shortest time. Due to the structure of the Tabata Protocol class will be 30 minutes in length.

### Zumba®

Zumba® fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. Achieve long term health benefits and experience an hour of caloric-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! The routines feature interval training sessions where fast and slow rhythms, and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you’ve got Zumba®!

### Zumba Gold®

Zumba Gold® is an innovative, fun and exciting class designed for the active older adult, the true beginner, people who are not used to exercising, or those who may be limited physically. Compared to the regular Zumba® class Zumba Gold® is done at a lower pace and intensity, but is just as fun. The same great Latin styles of music and dance are used including Merengue, Salsa, Cha Cha, Salsa, Rock & Roll, Flamenco, and Tango. Zumba Gold® instructors ensure that the routines are easy to learn and follow for participants of all abilities and ages so that success can be achieved quickly and participants can have FUN!

### Zumba Toning®

Zumba Toning® combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba® moves to create a calorie-torching, strength-training dance fitness-party. Students learn how to use hand weights to enhance rhythm and tone all their target zones, including arms, abs, glutes and thighs. Zumba Toning® is the perfect way for enthusiasts to sculpt their bodies naturally while having a total blast.

## PRENATAL OPTIONS

### PreNatal Exercise & Yoga

PreNatal Exercise will provide pregnant and nursing mothers exercises to improve the health of the mother and baby during and following pregnancy. Intensity levels and exercises will be modified to ensure maximum safety and benefits for participants. The class will include yoga, strength training, pelvic floor and abdominal exercises, and cardiovascular exercise appropriate for pregnant and nursing mothers.



## CLASS DESCRIPTIONS



### WATER OPTIONS

**Water exercise classes begin Sept. 24**

#### Aqua Flow

This lower-intensity water exercise class is designed to accommodate individuals desiring a class of lower intensity than Aqua Splash as well as those with conditions that may limit exercise capabilities. Aqua Flow is taught in a group setting with exercises and activities designed to develop muscular strength, muscular endurance, and improve range of motion.

#### Aqua Splash

Let our instructor lead you through a safe, low-impact workout in a comfortable water environment. The water's natural resistant properties help you increase overall muscle strength and endurance while conditioning your cardiovascular system.

#### Arthritis Foundation Aquatic Program®

The Arthritis Foundation Aquatic Program® is a shallow water exercise program designed for people of all ages living with arthritis, rheumatic disease and related musculoskeletal conditions. Participants will experience the benefits of water exercise including improvements in cardiovascular endurance, muscular strength, and motor skills. Classes include exercises and education that will assist in the development of wellness and a healthy lifestyle. Joint protection, energy conservation, and relaxation are included in each class to offer solutions for symptoms and improvements in self-sufficiency and range of motion.

#### Water Classes

All water classes are held in the Shoreview Community Center pool. The pool depth never exceeds 4½ feet, and the water temperature is regulated for maximum comfort. Swimming ability is not required—the gentle slope of the pool allows each participant to work at an appropriate depth.

### SilverSneakers® Open House

Thursday, Dec. 6

9:00 A.M. – 11:00 A.M.

- Exercise Demos
- Tours
- Refreshments
- Door Prizes
- Fitness Center Orientations
- Membership Information

**FREE!**

### SILVERSNEAKERS® OPTIONS

SilverSneakers® group exercise classes offer you the best opportunity to stay on track toward your health and fitness goals. Our signature classes are designed specifically for older adults and taught by specially trained, certified instructors. You are sure to find a class that suits your need and abilities.

Any participant may register for these classes, however, these classes are only free to SilverSneakers® members. SilverSneakers® participants are encouraged to register to reserve their spot in class as space is limited.

#### SilverSneakers® Muscular Strength & Range of Movement (MSROM)

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, and a SilverSneakers® ball are offered for resistance. A chair is used for seated and/or standing support.

#### SilverSneakers® Cardio Circuit

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers® ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching, and relaxation exercises.

#### SilverSneakers® YogaStretch

YogaStretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

#### SilverSplash®

Activate your aqua urge for variety! SilverSplash® offers lots of fun shallow-water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a special SilverSneakers® kickboard is used to develop strength, balance and coordination.



# FITNESS SCHEDULE

## MORNING AND DAYTIME CLASSES

All classes are 50 minutes unless otherwise indicated. Water exercise classes begin 9/24

Sept. 4 – Dec. 23 (15 weeks). No regularly scheduled classes Nov. 19-25. FREE classes offered that week.

Annual Community Center members receive 30% off group fitness classes listed on the schedule on pages 32 & 33.

REGISTER EARLY AND SAVE YOUR SPOT IN CLASS!

Participants are encouraged to register at least one week prior to the start of the session to prevent classes from being cancelled due to low enrollments.

For updated class times and locations, please see schedules available on-line and at the Community Center.

CHILD CARE AVAILABLE!

See Kid's Care, Page 38

Time	Class	Rate/Shoreview Res.	Activity #
<b>MONDAY (No class September 3rd)</b>			
5:35 A.M.	Total Body Workout	\$72/\$67	410502-01
8:30 A.M.	Classic Core Conditioning	\$72/\$67	410538-01
8:30 A.M.	MuscularStrength& ROM SilverSneakers®	\$72/\$67	410161-01
9:15 A.M.	Aqua Splash (begins 9/24)	\$62/\$57	410522-01
9:30 A.M.	Circuit	\$72/\$67	410505-01
9:30 A.M.	Core Fusion	\$72/\$67	410531-03
10:30 A.M.	<b>NEW!</b> Zumba®	\$96/\$90	410544-12
11:40 A.M.	<b>NEW!</b> Mind/Body Yoga	\$112/\$105	410506-01
<b>TUESDAY</b>			
5:35 A.M.	Core Fusion	\$77/\$72	410531-04
7:35 A.M.	<b>NEW!</b> Kettlebell Training (45 min)	\$102/\$96	410528-01
8:15 A.M.	Silver Splash SilverSneakers® (begins 9/24)	\$62/\$57	410162-01
8:30 A.M.	Mind/Body Yoga	\$119/\$112	410506-02
8:30 A.M.	Power Pump	\$77/\$72	410523-02
9:15 A.M.	Aqua Splash (begins 9/25)	\$62/\$57	410522-03
9:30 A.M.	Step It Up	\$77/\$72	410516-01
9:30 A.M.	Core Fusion	\$77/\$72	410531-05
10:40 A.M.	Zumba Gold®	\$77/\$72	410543-01
11:40 A.M.	Strength Training	\$77/\$72	410541-01
1:40 P.M.	MuscularStrength& ROM SilverSneakers®	\$77/\$72	410161-03
<b>WEDNESDAY</b>			
5:35 A.M.	Total Body Workout	\$77/\$72	410502-02
8:30 A.M.	MuscularStrength& ROM SilverSneakers®	\$77/\$72	410161-02
8:30 A.M.	<b>NEW!</b> Classic Strength Conditioning	\$77/\$72	410539-01
9:15 A.M.	Aqua Splash (begins 9/26)	\$62/\$57	410522-05
9:30 A.M.	Zumba®	\$102/\$96	410544-07
9:30 A.M.	<b>NEW!</b> Revving	\$102/\$96	410512-04
10:30 A.M.	Yoga Stretch - SilverSneakers®	\$77/\$72	410163-02
<b>THURSDAY</b>			
5:35 A.M.	Core Fusion	\$77/\$72	410531-02
8:15 A.M.	Aqua Flow (begins 9/27)	\$62/\$57	410521-01
8:30 A.M.	Pilates	\$119/\$112	410507-02
8:30 A.M.	Power Pump	\$77/\$72	410523-06
9:15 A.M.	Aqua Splash (begins 9/27)	\$62/\$57	410522-07
9:30 A.M.	Step It Up	\$77/\$72	410516-04
9:30 A.M.	Mind/Body Yoga	\$119/\$112	410506-07
10:40 A.M.	Zumba Gold®	\$77/\$72	410543-02
11:40 A.M.	Strength Training	\$77/\$72	410541-02
12:40 P.M.	Mind/Body Yoga	\$119/\$112	410506-08
1:40 P.M.	MuscularStrength& ROM SilverSneakers®	\$77/\$72	410161-04
<b>FRIDAY</b>			
5:35 A.M.	Total Body Workout	\$77/\$72	410502-03
8:15 A.M.	Silver Splash SilverSneakers® (begins 9/28)	\$62/\$57	410162-02
8:30 A.M.	<b>NEW!</b> Cardio Circuit SilverSneakers®	\$77/\$72	410165-01
8:30 A.M.	Classic Strength Conditioning	\$77/\$72	410539-02
9:15 A.M.	Aqua Splash (begins 9/28)	\$62/\$57	410522-09
9:30 A.M.	Circuit	\$77/\$72	410505-03
9:30 A.M.	Zumba®	\$102/\$96	410544-08
10:30 A.M.	Yoga Stretch - SilverSneakers®	\$77/\$72	410163-03
<b>SATURDAY</b>			
8:15 A.M.	Revving	\$102/\$96	410512-08
8:30 A.M.	Zumba®	\$102/\$96	410544-06
8:30 A.M.	Kettlebell Training (45 min)	\$102/\$96	410528-04
9:30 A.M.	Power Pump	\$77/\$72	410523-09
10:30 A.M.	Mind Body Yoga	\$119/\$112	410506-04
10:30 A.M.	Zumba Toning®	\$102/\$96	410546-01
<b>SUNDAY</b>			
8:30 A.M.	Revving	\$102/\$96	410512-09
1:00 P.M.	Latin Hip Hop	\$102/\$96	410545-01
4:00 P.M.	<b>NEW!</b> Prenatal Exercise & Yoga	\$102/\$96	410510-01
5:00 P.M.	Zumba®	\$102/\$96	410544-13
6:00 P.M.	Candlelight Yoga	\$119/\$112	410537-01

## EVENING CLASSES

All classes are 50 minutes unless otherwise indicated. Water exercise classes begin 9/24  
Sept. 4 – Dec. 23 (15 weeks). No regularly scheduled classes Nov. 19-25. FREE classes offered that week.

Time	Class	Rate/Shoreview Res.	Activity #
<b>MONDAY (No class September 3rd)</b>			
4:10 P.M.	Zumba®	\$96/\$90	410544-02
4:30 P.M.	<b>NEW!</b> Tabata (30min)	\$72/\$67	410513-01
5:20 P.M.	Step and Strength	\$72/\$67	410514-01
5:20 P.M.	Total Body Workout	\$72/\$67	410502-05
6:25 P.M.	Cardio Groove	\$72/\$67	410504-01
6:25 P.M.	<b>NEW!</b> Latin Cardio Kick	\$72/\$67	410509-01
6:25 P.M.	Core Fusion	\$72/\$67	410531-01
6:30 P.M.	Revvig	\$96/\$90	410512-01
7:30 P.M.	Zumba®	\$96/\$90	410544-10
7:30 P.M.	Power Pump	\$72/\$67	410523-04
8:05 P.M.	Aqua Splash (begins 9/24)	\$62/\$57	410522-02
<b>TUESDAY</b>			
4:00 P.M.	Silver Splash - SilverSneakers® (begins 9/25)	\$62/\$57	410162-03
4:30 P.M.	<b>NEW!</b> Tabata (30min)	\$72/\$67	410513-02
5:05 P.M.	Aqua Splash (begins 9/25)	\$62/\$57	410522-04
5:20 P.M.	Mind/Body Yoga	\$119/\$112	410506-03
5:20 P.M.	Power Pump	\$77/\$72	410523-03
6:25 P.M.	Pilates	\$119/\$112	410507-03
6:25 P.M.	Cardio Kickboxing	\$77/\$72	410501-01
7:30 P.M.	Total Body Workout	\$77/\$72	410502-04
7:30 P.M.	BOSU and Kettlebell	\$77/\$72	410542-01
<b>WEDNESDAY</b>			
4:00 P.M.	Kettlebell Training (45min)	\$102/\$96	410528-03
5:15 P.M.	Step It Up	\$77/\$72	410516-03
5:20 P.M.	Yogalates	\$119/\$112	410525-02
6:25 P.M.	Revvig	\$102/\$96	410512-05
6:30 P.M.	Boot Camp	\$77/\$72	410532-02
7:05 P.M.	Mind-Body Yoga (75min)	\$119/\$112	410506-06
7:30 P.M.	Zumba®	\$102/\$96	410544-09
8:05 P.M.	Aqua Splash (begins 9/26)	\$62/\$57	410522-06
<b>THURSDAY</b>			
4:00 P.M.	Arthritis Foundation Aqua Program (begins 9/27)	\$62/\$57	410164-02
4:15 P.M.	Revvig	\$102/\$96	410512-03
5:05 P.M.	Aqua Splash (begins 9/27)	\$62/\$57	410522-08
5:20 P.M.	Yoga Strength	\$119/\$112	410524-01
5:20 P.M.	Power Pump	\$77/\$72	410523-07
6:25 P.M.	Cardio Kickboxing	\$77/\$72	410501-03
6:25 P.M.	Pilates (Intermediate)	\$119/\$112	410511-01
7:30 P.M.	Mind-Body Yoga	\$119/\$112	410506-05
7:30 P.M.	Zumba®	\$102/\$96	410544-03
<b>FRIDAY</b>			
4:30 P.M.	Zumba®	\$102/\$96	410544-04
5:00 P.M.	<b>NEW!</b> Yogalates	\$119/\$112	410525-03
5:30 P.M.	<b>NEW!</b> Cardio Kickboxing	\$77/\$72	410501-02

## NOTES ABOUT GROUP FITNESS CLASSES:

- Refunds are issued for medical reasons only.
- Participants are encouraged to register at least one week prior to the start of the session to prevent classes from being cancelled due to low enrollments.
- Membership is not required to register for our fitness classes!
- Annual Community Center members receive a 30% discount off group fitness class registration fees (exclusions apply).
- Fitness class attendance for members is applicable to the minimum monthly visits required by insurance providers to receive insurance reimbursements.
- All classes are 50 minutes unless indicated.
- For updated class times and locations, please see schedules available on-line and at the Community Center.
- Minimum age is 14. Ages 12 & 13 may sign up with a parent/guardian.

FOR INFORMATION CALL 651-490-4750

All water exercise classes begin the week of Sept. 24.



SilverSneakers® members can take any class marked “SilverSneakers®” or “SilverSplash®” at no cost. Please register in advance for SilverSneakers® classes.



# SPECIALTY FITNESS

## KETTLEBELL TRAINING

A kettlebell is a weighted iron ball with a handle attached to it. In addition to traditional strength training exercises, kettlebells can be used to perform “swings”, “presses”, and a variety of other dynamic movements that require all of the muscles of the body to work together. You can expect to increase strength, power, coordination and stamina while developing all of the muscles of the upper and lower body. One-on-one Kettlebell Training is available in packages of 1,3,6 and 12 sessions. Small group training sessions are also available and can be scheduled by calling 651-490-4768.

## NEW! SPECIALTY FITNESS CLASSES

We offer fun one-time specialty fitness classes throughout the course of a session. These classes may include a 2-hour revving class, 2-hour Zumba, Yoga with Harp, and other fitness classes with a theme. Look for information at the Service Desk, on our website, or on our Facebook page.

## NEW! YOUTH STRENGTH AND POWER TRAINING

Ages 13 and up

This strength training program for teenagers and young athletes will introduce participants to proper form for weightlifting, provide exercises that will be most beneficial to improving strength and support sports performance, and teach basic principles of exercise. Small group training sessions will be arranged and can be scheduled by calling 651-490-4768.

## COMMUNITY CENTER MEMBER EQUIPMENT ORIENTATION (Individual or Group)

FREE to members age 14 and older

All members of the community center are encouraged to attend a fitness equipment orientation.

Participants will be introduced to the Fitness Center equipment and our fitness staff will teach you how to properly utilize the strength and cardiovascular equipment with correct form and provide guidelines for safe exercise and improved fitness. The schedule and sign-up sheet for equipment orientations is located on the desk in the fitness center. For more information call 651-490-4740.

## INDIVIDUAL TEEN EQUIPMENT ORIENTATION

Required for ages 12 and 13

\$40; \$35 Shoreview Res. .... Activity # 410299-01

Shoreview Community Center

The Teen Equipment Orientation provides 12 and 13 year olds the opportunity to learn proper form and appropriate guidelines for strength and cardiovascular exercises. A personal trainer will teach participants proper methods of strength training and cover an informational packet that provides a beginning strength training program and guidelines for cardiovascular exercise. Parents are welcome and questions are encouraged. Adolescent exercise is safe and effective when proper form is used and appropriate guidelines are followed. The Teen Equipment Orientation is required for 12 and 13 year olds to use the fitness center. Registration forms are available at the front desk and lower level service desk. The schedule and sign-up sheet for teen equipment orientations is located on the desk in the fitness center, or call 651-490-4768 to find out more.

## NEW! SPEED TRAINING FOR RUNNERS AND ATHLETES

This weekly training session will provide a workout designed to enhance running speed. Sprints, intervals, plyometrics and additional speed training methods will be used to improve running speed in athletes of all type and runners of all distances. Small group training sessions will be arranged and can be scheduled by calling 651-490-4768.





## CERTIFIED PERSONAL TRAINING

Personal Training can benefit anyone regardless of physical condition or age. A trainer can plan a safe, effective program and provide the one-on-one instruction to ensure that you are using proper form and technique, exercising at the appropriate intensity, and maximizing the effectiveness of your workout to achieve your health and fitness goals. Personal Trainers serve as a coach, educator, and a major source of motivation and encouragement to help you overcome obstacles and stick to your program.

### What is a Fitness Assessment?

Assessments are used to determine your current level of fitness. Measurements and tests taken during assessments will be specific to the goals of the individual and may include body measurements, body fat calculations, resting heart rate and/or blood pressure, flexibility testing, muscular strength and/or endurance testing, posture assessment, cardiovascular testing, and sports-specific tests. You can register for a fitness assessment without signing up for personal training, however, assessments are included in personal training packages of 3, 6, and 12 sessions.

### Goals Achieved Through Personal Training:

- Reach and maintain a healthy weight
- Reduce body fat and build muscle
- Shape and tone your body
- Improve strength and cardiovascular fitness
- Recover from an injury

### Personal trainers will:

- Identify realistic goals and determine safe strategies to achieve those goals
- Customize a program to fit your ability and health status
- Monitor progress & adapt your routine for consistent improvement
- Educate you on fitness principles and correct form to aid in progress and prevent injuries
- Achieve maximum results in minimum time
- Provide the encouragement and accountability you need.

### How many sessions do I need?

Some people may want personalized training 2 to 3 times a week, which makes them more likely to stick to their program because they are accountable to someone else for their exercise time. Others prefer to see a trainer periodically to update their exercise program or for fitness testing to receive feedback on their progress. Personal Training comes in packages of 1, 3, 6 and 12 sessions.

Trainer biographies are posted outside of the Fitness Center across from Studio 2 and at [www.shoreviewmn.gov](http://www.shoreviewmn.gov).

Call 651-490-4768 for more information.

**Personal Yoga sessions are available!**  
Call 651-490-4768 to find out more and schedule.

## GET FIT! BODY CHALLENGE

### FALL SESSION

Nov. 12 – Jan. 6\* (8 weeks) ..... **Activity # 410239-01**  
\$349 per session

*\*\*Membership to the community center is required to use the facility when not participating in group fitness classes or group/personal training sessions.*

The Body Challenge is a fitness and weight loss program that combines fitness classes, group training sessions, weekly individual exercise prescription, and nutrition consultations.

Support from fellow participants and accountability through the personal training staff will help keep you committed to your goals. The Fall Get Fit! Body Challenge takes place during the holiday season which not only allows participants to prevent the inactivity and weight gain that commonly occurs during these months, but also produces improvements in body composition. Participants of past Body Challenge programs have experienced substantial improvements in body measurements and weight loss of one to three pounds per week!

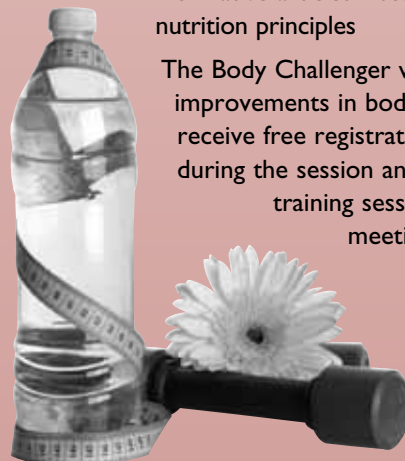
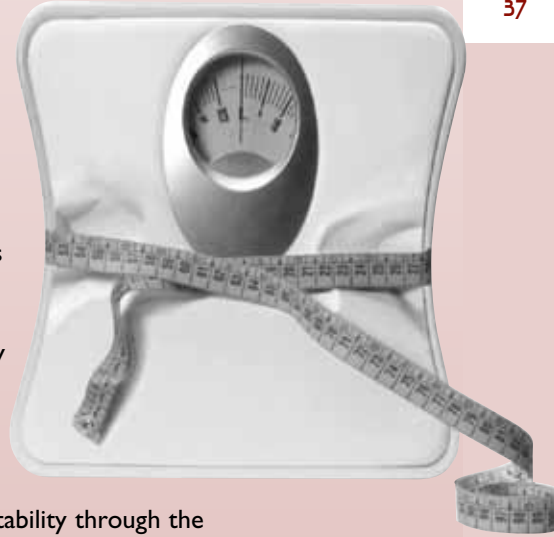
### Program includes:

- Free access to group fitness classes at the Community Center
- A weekly small group training session with a personal trainer
- Pre and Post body measurements
- Tracking of physical activity, nutrition, and progress towards goals

### Each week participants will receive:

- analysis and feedback on exercise and nutrition logs
- exercise recommendations from a personal trainer
- suggestions and tips for improved nutrition habits
- informative articles discussing exercise and nutrition principles

The Body Challenger with the greatest improvements in body measurements will receive free registration to a fitness class during the session and two free personal training sessions. Informational meeting Nov. 8 at 5:00 p.m.



# MARTIAL ARTS

## Traditional Tae Kwon Do

Tae Kwon Do emphasizes both physical and mental discipline unlike any other martial arts program. Classes will teach kicking, punching, striking, and blocking techniques through the philosophy and discipline of traditional Tae Kwon Do. While learning self defense, you will develop both physically and mentally. You will improve your stamina, strength, speed, agility, coordination, flexibility, balance, reflexes, concentration and confidence. Classes are taught by certified instructors of Sun Yi's Academy of Traditional Tae Kwon Do.

### FAMILY DISCOUNT

\$15 off for second family member  
\$25 off for third family member

## BEGINNER CLASS

Tuesdays and Thursdays ..... 6:00 P.M. – 7:00 P.M.

**SESSION A** Sept. 11 – Oct. 25 (7 weeks)

\$104; \$95 Shoreview Resident..... **Activity # 410230-01**

**SESSION B** Oct. 30 – Dec. 13 (no class Nov. 22, 6.5 weeks)

\$98; \$89 Shoreview Resident..... **Activity # 410232-01**

For ages 7 and older. This class is designed for individuals and families and will teach basic principals and techniques. Small groups or individual attention will be provided as necessary if varying skill levels are apparent. Wear loose fitting clothing. You do not need a uniform for this class.



## ADVANCED CLASS

Tuesdays and Thursdays ..... 7:00 P.M. – 8:00 P.M.

**SESSION A** Sept. 11 – Oct. 25 (7 weeks)

\$104; \$95 Shoreview Resident..... **Activity # 410231-01**

**SESSION B** Oct. 30 – Dec. 13 (no class Nov. 22, 6.5 weeks)

\$98; \$89 Shoreview Resident..... **Activity # 410233-01**

For ages 7 and older who have completed the beginner class. This class will further the student's skills for powerful self defense. (Students must attend the beginner class prior to taking the advanced class even if they have Tae Kwon Do experience. Promotion to the advanced class may be determined at the instructor's discretion.) A uniform is required and available through the instructor.

# KIDS CARE

## KIDS CARE

Kids Care provides a stimulating and safe environment for your child to explore and interact with other children while you enjoy the amenities of the Shoreview Community Center.

### Hours

**Monday – Saturday** 8:00 A.M. – 12:30 P.M.

**Monday - Thursday** 4:00 P.M. – 8:30 P.M.

**Friday** 4:00 P.M. – 8:00 P.M.

**Closed** Sept. 3, Nov. 22, Dec. 24, 25 31

### Rate

**\$1 per hour per child (no pro-rating for partial hours)**

Care is provided for children 6 months to 8 years of age. Maximum stay is 2 hours. Parents must remain in the building. No reservations required. Children are taken on a first-come, first-served basis. Kids Care phone number: 651-490-4763.



## RECREATIONAL ICE SKATING INSTRUCTION



**FALL 2012 SCHEDULE** Get an edge on winter fun by enrolling in ice skating lessons early.

Saturdays, October 27 – December 8 (7 week session)  
\$78; \$68 Shoreview Resident (Snowplow Sam to Level 6 and Specialized Classes)  
\$119; \$114 Shoreview Resident (Pre-snowplow)

Rate for Private Lessons  
\$160; \$150 Shoreview Resident

The Shoreview Arena, 96 and Victoria

Skate Rental is  
**NOT** available at  
the rink.

### PRESKILLS

#### Pre-snowplow

Beginning skating class for 4-8 year old participants that are unable to stand on the ice with out assistance from an adult. This class will help participants gain the strength and confidence to stand on their own on the ice while introducing preliminary skating moves and techniques. All participants must wear a helmet while on the ice.

#### Snowplow Sam

Snowplow Sam introduces preliminary moves to 4-10 year olds. These classes will help develop the familiarity, coordination and strength needed to maneuver on skates. All participants must wear a helmet while on the ice. This class is for beginning skaters with no previous skating experience. Participants must be able to stand on ice skates without assistance.

### BASIC

#### Level 1

Beginning class for those that are comfortable on the ice. Includes getting up, forward glide, two-foot gliding, and snowplow stop. All participants must wear a helmet on the ice.

#### Level 2

Teaches backward skating, backward glide, forward one-foot glide, two foot turn from forward to backward. All participants must wear a helmet on the ice.

#### Level 3

Includes forward and backward one foot snowplow stop, turns, forward swizzles and stroking.

#### Level 4

Teaches forward edges, forward crossovers & backward glides.

#### Level 5

Works on backward edges, back crossovers, forward three turns and hockey stop. Figure skates are highly recommended for this class.

#### Level 6

Includes forward mohawk, combination movements, and backward inside three turns. Figure skates are highly recommended for this class.

## ICE SKATING

**Helpful Tips for Skaters:** Lace skates more snugly in the middle of the shoe than at the top or bottom for best support. Skates should fit correctly—don't use skates that are too big. Keep the blades sharp. Wear one pair of light-weight wool or synthetic socks. Cotton socks are not suitable for skating. If a child does not meet the basic requirements of the level registered for, it is at the discretion of the instructor to adjust the child's level.

**Helmets:** For safety, all participants in Pre-Snowplow Sam, Snowplow Sam, Readiness Level 1, and Readiness Level 2 are required to wear helmets. Bike helmets are acceptable. (Helmets not provided.)

### PRIVATE LESSONS

Personalized, high-quality skating instruction for all ages that want to improve their skating ability. This program offers one-on-one skating instruction for the casual or competitive skater. Note: Private lessons only last 30 minutes.

### SPECIALIZED CLASSES

#### Free Style

Includes entry-level free style movements. Develops forward inside pivot, two-foot spin, waltz jump, footwork, straight-line spiral, and more. Figure Skates required for this class.

#### Adult

This class will benefit all skill levels. Participants will be challenged based on their individual skills, ranging from the basics of skating, including forward and backward gliding and stroking, turning and stopping to more advanced skills, including the use of inside and outside edges, crossovers, and combined movements to increase ice-skating pleasure. Class is tailored to meet participants needs.

### FALL ICE SKATING SCHEDULE

Time	Class	Activity#
9:20 A.M. – 9:55 A.M.	Snowplow	470407-01
	Level 1	470401-01
	Freestyle	470408-01
10:00 A.M. – 10:35 A.M.	Snowplow	470407-02
	Level 2	470402-01
	Level 4	470404-01
10:40 A.M. – 11:15 A.M.	Snowplow	470407-03
	Level 2	470402-02
	Level 3	470403-01
	Adult	470409-01
11:25 A.M. – 12:00 P.M.	Level 1	470401-02
	Pre-Snowplow	470412-01
	Level 5	470405-01
	Level 6	470406-01
12:05-12:35 P.M.	Pre-Snowplow	470412-02
	Private	470410-01
	Private	470410-02
	Private	470410-03
	Private	470410-04



# KIDS CORNER PRESCHOOL

**Register Now!**

## 2012-2013 School Year

Our preschool program offers your 2½-5 year old child a variety of fun and educational activities designed to stimulate their social and intellectual development as they move along the road to Kindergarten. School Year Dates are September 10, 2012

– May 24, 2013. **To determine class availability and for a registration**

**form please call 651-490-4750 or visit our website.**

A \$50 non-refundable registration fee is required at the time of registration. This fee is not applied toward tuition.

\* Registration is currently open. Registration not available on-line. Must register in person.



## MONDAY FUNDAY

Morning Monday Funday..... 9:00 A.M. – 10:30 A.M.

Afternoon Monday Funday..... 11:00 A.M. – 12:30 P.M.

\$52/month; \$47/month Shoreview Resident

Calling all 2½ to 3-year olds! You are invited to a preschool class packed full with fun activities. Our class time will include dramatic play, storytelling, music and art projects. Children must be 3 years old by January 1, 2013.

## FRIDAY FUNDAY

Morning Friday Funday..... 9:00 A.M. – 10:30 A.M.

Afternoon Friday Funday..... 11:00 A.M. – 12:30 P.M.

\$49/month; \$44/month Shoreview Resident

A special class just for 2½ to 3-year olds! This preschool class is packed full with fun activities. Our class time will include dramatic play, storytelling, music and art projects. Class curriculum will vary from the Monday Funday class. Children must be 3 years old by January 1, 2013.

## TINY TREASURES

Wednesday & Friday..... 9:00 A.M. – 11:30 A.M.

\$103/month; \$98/month Shoreview Resident

Children ages 3 to 4 will enjoy a morning of educational activities and fun. This preschool class emphasizes the development of fine and large motor coordination, introducing shapes, colors, numbers, and letters. The program will include dramatic play, music, story time, a snack, creative movement, and arts and crafts. A half-hour of gym time is also included. Children must be 3 by September 1, 2012.

## ABC'S & 123'S

Tuesday & Thursday ..... 1:00 P.M. – 3:30 P.M.

\$108/month; \$103/month Shoreview Resident

This preschool class is designed for 3 and 4 year olds. Students will have fun learning about letters and numbers in a nurturing environment. Class time will include early learning activities, creative movement, finger plays, songs, story time, and science activities. A half-hour of gym time is also included. Children must be 3 by September 1, 2012.

## ALPHA KIDS

Tuesday & Thursday ..... 9:00 A.M. – 12:00 P.M.

\$118/month; \$113/month Shoreview Resident

Designed for 4 to 5 year olds as a final step in preparation for Kindergarten. Students will focus on pre-reading and pre-arithmetic skills along with social skills in a fun and supportive environment. The confidence of understanding how to relate in a classroom setting along with basic education will aid children in the next educational step. A half-hour of gym time each week will be included. Children need to be 4 years old by September 1, 2012.

## STEPPING STONES

Monday, Wednesday, Friday ..... 12:30 P.M. – 3:30 P.M.

\$154/month; \$149/month Shoreview Resident

This afternoon preschool class will offer your 4 to 5 year old a chance to prepare for his or her next step in a warm and loving environment. Ideal for students who are stepping into Kindergarten during the following school year. We'll center our learning around activities highlighting pre-reading, pre-science, and pre-arithmetic skills. A half-hour of gym time is included. Children must be 4 years old by Sept. 1, 2012.





## BUSY BUDDIES

Monday ..... 9:00 A.M. – 11:30 A.M.  
\$83/month; \$77/month Shoreview Resident

This class will offer 3 to 5 year old children a variety of activities within our Community Center. Eight week sessions of swim lessons will be included in the fall, winter & spring, a variety of enrichment activities, as well as gym time, class time for singing, finger plays, stories, a snack & craft. Children must be 3 by September 1, 2012.

## BOOKENDS

Tuesday ..... 6:00 P.M. – 7:30 P.M.  
\$52/month; \$47/month Shoreview Resident

This literature based preschool class is designed for your 3 to 5 year olds to enjoy the wonderful world of books. This class includes time for storytelling, dramatic play, music, snacks, arts and crafts, and creative movement. Children must be 3 by September 1, 2012.

## INVESTIGATORS

Wednesday ..... 9:00 A.M. – Noon  
\$70/month; \$65/month Shoreview Resident

This preschool class will give your 4 to 6 year olds an opportunity to discover the world the science and all of its wonders. This class will include time for individual and group discovery, art projects, snacks, sharing, creative movement and occasional outdoor activities. Children must be 4 by September 1, 2012. Kindergarteners are welcome.

**NEW!**

## ‘A’ IS FOR APPLE

Ages 3 to 5

Thursday, September 20 ..... 6:00 – 7:30 P.M.  
\$12; \$10 Shoreview Resident ..... **Activity # 470110-01**

Shoreview Community Center

Come and join us for a special night of falling into books as we welcome Fall. We will leaf through some amazing apple books, rake up some action songs, and harvest an awesome apple craft. This class is hosted by Kids Corner Preschool. Register early – space is limited! Fee includes adult and child.

## DINOSAURS, DAD, AND ME!

Ages 3 to 5

Thursday, October 11 ..... 6:00 – 7:30 P.M.  
\$12; \$10 Shoreview Resident ..... **Activity # 470111-01**

Shoreview Community Center

Join us for this special story time for Dads and their child. We will dig into some dino-mite books, roar some dinosaur chants, and create a “make & take” dinosaur craft. This class is hosted by Kids Corner Preschool. Register early – space is limited! Fee includes adult and child.



# TUMBLING



## Tumbling

Saturdays, Sept. 22 – Nov. 17 (no class Oct. 20, 8 weeks)

Children will discover the sport of tumbling within a positive, educational atmosphere. Along with athletics, participants will learn self-discipline and have fun. Please register your child in the appropriate skill level; this will ensure that all participants learn as much as possible. Parents are invited to observe the final class. For answers to your questions about placement, call 651-490-4750.

## TODDLER AND PARENT

Ages 2 and 3

Saturdays..... \$78; \$68 Shoreview Resident  
9:45 A.M. – 10:30 A.M. .... **Activity # 480101-01**  
10:45 A.M. – 11:30 A.M. .... **Activity # 480101-02**

A fast-paced class for energetic 2 and 3 year old toddlers to explore their motor skills. This class is an excellent opportunity for youngsters to safely increase body awareness and coordination. The loose structure of this class allows children to acquire skills according to their own abilities and interests. One child per adult. Parent participation and support are part of the class. No siblings will be allowed on gymnastics equipment.

## TUMBLING TYKES

Ages 3 and 4

Saturdays..... 11:45 A.M. – 12:30 P.M.  
\$78; \$68 Shoreview Resident..... **Activity # 480102-01**

Enhance your preschooler's hand-eye coordination and motor skills. Designed for active 3- and 4-year olds who want to learn basic tumbling, using special equipment designed for smaller gymnasts.

## ROLLY POLLYS

Ages 4 and 5

Saturdays..... 12:45 P.M. – 1:30 P.M.  
\$78; \$68 Shoreview Resident..... **Activity # 480103-01**

For the active 4- to 5-year old child, we offer a special class that teaches basic tumbling and works on hand-eye coordination and motor skills. Participants will begin to learn basic skills on floor, balance beam, bars and vault.

## BEGINNERS HEADSTANDERS/ HANDSTANDERS

Ages 5 to 8

Saturdays..... 1:45 P.M. – 2:30 P.M.  
\$78; \$68 Shoreview Resident..... **Activity # 480104-01**

Designed for children 5 to 8 years old who want to learn the sport of gymnastics. Emphasis will be on learning the basic positions and skills on the floor, beam, bars and vault.





## WISH UPON A BALLET

Tuesdays..... \$59  
Ages 3 to 6..... 10:00 A.M. – 10:45 A.M.  
Session I: Sept. 11 – Oct. 23 (7 weeks). **Activity # 470202-01**  
Session II: Oct. 30 – Dec. 18 (7 weeks, no class Nov. 20)

.....**Activity # 470202-02**

Wednesdays..... \$59

Ages 3 to 6

Session I: Sept. 12 – Oct. 24 (7 weeks)

5:45 P.M. – 6:30 P.M. ....**Activity # 470202-03**

6:30 P.M. – 7:15 P.M. ....**Activity # 470202-04**

Session II: Nov. 7 – Dec. 19 (7 weeks)

5:45 P.M. – 6:30 P.M. ....**Activity # 470202-05**

6:30 P.M. – 7:15 P.M. ....**Activity # 470202-06**

Shoreview Community Center

Wish upon a Ballet is a dance program for children that incorporates popular children's stories as well as ballet to create a dance class that is more than ballet steps. Using musical instruments, parachutes and scarves we will create a complete fairy tale experience while we skip, leap, jump and spin. This way an introduction to the movements and vocabulary of ballet are taught in a fun and creative manner. Children will learn an appreciation of dance and music while developing strength and flexibility. Parents, family and friends will be invited to observe a special performance at the end of each session. Come join the fun! Girls and boys will need ballet shoes. Girls should wear a leotard and tights. Boys should wear comfortable clothes they can move around in. Shoes will be available to order at the first day of class for an extra fee.

## SCHOOL'S OUT DISCOVERY CAMPS

We are your resource for childcare on school's out days! Your child will participate in fun activities, crafts, games, and pool time at the Tropics Indoor Waterpark under the supervision of our highly trained and qualified staff. Choose before and after care to tailor this program to your specific schedule. Please send a bag lunch, swimsuit, and towel. We will provide all other supplies, including a snack. **Space is limited – register early!**

Grades K-5

Time..... 9:00 A.M. – 5:00 P.M.

Before Care..... 7:00 A.M. – 9:00 A.M.

After Care..... 5:00 P.M. – 6:00 P.M.

Rate: \$36/day; \$30 Shoreview Resident; \$5 Before/After care

Shoreview Community Center

### MEA, Oct. 18-19

Thursday, October 18..... **Activity # 460408-01**

Before/After ..... **Activity # 460408-02**

Friday, October 19..... **Activity # 460408-03**

Before/After ..... **Activity # 460408-04**

### Thanksgiving Break, Nov. 19-21

Monday, November 19 ..... **Activity # 460408-05**

Before/After ..... **Activity # 460408-06**

Tuesday, November 20..... **Activity # 460408-07**

Before/After ..... **Activity # 460408-08**

Wednesday, November 21 ..... **Activity # 460408-09**

Before/After ..... **Activity # 460408-10**

### Winter Break, Dec. 26-28

Wednesday, December 26..... **Activity # 160108-01**

Before/After ..... **Activity # 160108-02**

Thursday, December 27 ..... **Activity # 160108-03**

Before/After..... **Activity # 160108-04**

Friday, December 28 ..... **Activity # 160108-05**

Before/After ..... **Activity # 160108-06**

## CHEER AMERICA

Ages 4 to 16

Thursdays, Sept. 27 – Dec. 6 (no class Nov. 22, 10 weeks)

6:00–6:45 P.M. (ages 4 to 8), 7:00–7:45 P.M. (ages 9 to 16)

\$6 per week; one time registration fee of \$4

Shoreview Community Center

Cheer America is an exciting cheerleading and dance program for children ages 4 to 16. Students learn popular cheers, chants, jumps, leaps, choreographed pom pom/dance routines, parade marching techniques, and other skills involved in performances, competitions and school cheerleading team tryouts. This program promotes coordination and physical fitness, self-esteem, and teamwork. Join us on the last class day for a recital. Register any time! **Summer registration and information session: Sept. 20, 6:00 P.M. – 7:00 P.M.**

## LITTLE STRIKERS BOWLING CAMP



Ages 5 to 10

Wednesday - Friday, Dec. 26 – 28..... 10:00 AM – 11:30 AM

\$40..... **Activity # 190901-01**

Flaherty's Arden Bowl – 1273 West Co. Rd E, Arden Hills 55112

This camp is designed for beginning bowlers. Kids will learn bowling basics. They will also visit Bowlopolis, an animated city all about bowling, where they'll meet the characters and learn that bowling is fun! Participants will receive lunch each day of camp. Lunch will be served 30-minutes prior to camp ending. Transportation NOT provided. **Registration deadline is 1-week prior to the camp start date.**

## SPECIAL EVENTS

### TOUCH-A-TRUCK

All Ages ..... FREE  
Saturday, Sept. 29 ..... 9:00 A.M. – 12:00 P.M.

Shoreview Community Center Lower Level Parking Lot

This is your chance to not only touch, but hop right in the drivers seat of a fire engine, police car, snow plow, or dump truck! Come on out to the Shoreview Community Center and check out all of the city trucks.

### KIDS' GARAGE SALE

Kids grade K-5  
Saturday, Sept. 29 ..... 9:00 A.M. – 12:00 P.M.  
\$15 per table ..... **Activity # 460415-01**

Shoreview Community Center Pavilion

Calling all kids! Here's your chance to make a little money to use for holiday shopping or to find special gifts at bargain prices. Kids in grades K–5 may rent a table to sell toys, games, books, and sporting goods. Please do not bring food items to sell. Pre-registration is required. Arrive between 8 – 8:30 A.M. to set up your table. Remember to bring money for making change. Parents should assist child as needed. Sale will be held outside at Shoreview Community Center Pavilion.

*Kid's Garage Sale is a great volunteer opportunity for a scout group that would like to give to the community by collecting unsold items and donating them to a local charity. Please call 651-490-4734 if you are interested.*

### HALLOWEEN HOOPLA

Ages 12 and under  
Friday, October 26 ..... 6:00 P.M. – 8:00 P.M.  
\$12 per child/\$8 ea add'l sibling..... **Activity # 460414-01**

Shoreview Community Center

Come join in the spooky fun. Win prizes at a carnival, play Ghost Bingo and create Halloween crafts. Enjoy yummy refreshments and win door prizes. Price includes admission to Tropical Adventure Indoor Playground! Offered in conjunction with Arden Hills Park and Recreation. Space limited. **Register by Friday, October 12. Children must be accompanied by an adult.**

### DIVE-IN MOVIE

Friday, November 16 ..... 7:00 P.M.

Shoreview Community Center

Join your friends and family at the Tropics Indoor Water Park inside the Shoreview Community Center for Dive-In Movie nights! Guests can float with water noodles (not provided), relax on giant sea creatures, or lounge on pool-side chairs and enjoy a popular family friendly movie. No need to register. The purchase of a daily pass on the day of the movie will be your ticket. Free for Community Center Members. Please note the hot tub will be closed during and after the movie. Movie titles will be posted at the Community Center or call 651-490-4750 for more information.

### LETTER FROM SANTA

\$4 per child ..... **Activity # 160102-01**

Santa would like to wish you all a very happy holiday from the North Pole. This letter will come in an envelope with Santa's name and return address in the corner, addressed directly to your child. Please include the following information on your registration form: three gifts your child is likely to receive, names and ages of siblings, names of pets, school attending, hobbies, and positive personality traits. Letters mailed around December 14. **Register by Monday, December 3.**





FAMILY NEW YEAR’S EVE PARTY

\$9 youth (ages 1-17)..... Activity # 160103-01  
\$7 adults (ages 18 & over)..... Activity # 160103-02  
Monday, Dec. 31 ..... 6:00 P.M. – 9:00 P.M.

Bring the whole family to Shoreview’s annual New Year’s Eve Party! Join us for face painting, crafts, and games. As always, adventure awaits in the Tropical Adventure Indoor Playground and Tropics Indoor Waterpark. Zoom down the water slide while enjoying a light and music show. Ring in the New Year with a spectacular balloon drop at 8:45 p.m. Fee includes admission to the waterpark, playground, and all activities. Concessions are available for an additional fee at the Wave Café. Register by December 28th and save! Price is \$10 at the door.



SKATE WITH SANTA

Saturday, December 15 ..... 10:00 A.M. – 11:30 A.M.  
\$12 per family..... Activity # 160104-01

Shoreview Ramsey County Ice Arena

Bundle up your family and bring your skates as we join Santa at the Ramsey County Ice Arena (across from the Community Center). There’ll be hot cocoa and cookies. Bring your camera! Bring your own skates; rentals will not be available at the arena. **Please register by Wednesday, December 12.**

KIDS SECRET HOLIDAY SHOPPING SPREE

Ages 3-12 ..... Shoreview Community Center  
Saturday, December 8..... 9:00 A.M. – 1:00 P.M.

Are the kids looking for gifts for family members and friends around the Holiday season? Bring the kids to do some quick, inexpensive shopping with the help of Park and Recreation Staff and volunteers, while mom or dad enjoy some cookies and apple cider. Send your child with a list of people that need gifts and a designated dollar amount to spend per person. Gifts will range in price from \$0.50 to \$15. The Park and Recreation staff and volunteers will assist your child with making purchases and wrapping gifts.



# YOUTH SPORTS

## After School Sports

Our After School Sports program offers variety of age appropriate activities with a focus on fun. All classes are for boys and girls, and are held for 6 sessions. Participants should meet in the gym for each class. For more information, please call 651-490-4750.

## BASKETBALL

Grades 1 to 3 ..... 3:30 P.M. – 4:30 P.M.  
\$38 per participant

### Island Lake Elementary - West Gym

Tuesdays, Sept. 25 – Oct. 30 ..... Activity # 490403-01

### Turtle Lake Elementary - West Gym

Mondays, Sept. 24 – Oct. 29 ..... Activity # 490403-02

Learn fundamentals of basketball and play in some games each class period. We provide the instruction and equipment; kids provide the desire to learn and have fun. Class meets inside gym.

## SOCCER

Grades 1 to 3 ..... 3:30 P.M. – 4:30 P.M.  
\$38 per participant

### Island Lake Elementary - West Gym

Wednesdays, Sept. 26 – Oct. 31 ..... Activity # 490406-01

### Turtle Lake Elementary - West Gym

Thursdays, Sept. 27 – Nov. 8 ..... Activity # 490406-02  
(No class Oct. 18)

Learn the fundamentals of the fun and exciting game of soccer. Kids will build on their skills each week by participating in a variety of drills and games.

## SPORTS GAMES

4 years to Kindergarten ..... 4:40 P.M. – 5:40 P.M.  
\$38 per participant

### Island Lake Elementary - West Gym

Tuesdays, Sept. 25 – Oct. 30 ..... Activity # 490407-01

### Turtle Lake Elementary - West Gym

Mondays, Sept. 24 – Oct. 29 ..... Activity # 490407-02

Jump, catch, dribble, and kick! Children will learn about sports and develop skills. Instructors will teach kids according to skill level. Sports include soccer, floor hockey, basketball, and other gym activities.

## WRESTLING

Kindergarten to Grade 5 ..... 3:30 P.M. – 4:30 P.M.  
\$38 per participant

### Island Lake Elementary - West Gym

Mondays, Sept. 24 – Oct. 29 ..... Activity # 490409-01

### Turtle Lake Elementary - West Gym

Tuesdays, Sept. 25 – Oct. 30 ..... Activity # 490409-02

Learn basic moves, techniques and the best form of self defense there is, along with self-confidence. Participants receive a t-shirt. Please bring a water bottle to each class. A one-day tournament will be held on Saturday, November 3 at Mounds View High School. A flyer will be handed out during class with tournament details.



## MINI KICKERS SOCCER CAMP

Ages 3 to 8 ..... \$65; \$60 Shoreview Resident  
Saturdays, October 13 – November 17

Shoreview Community Center Gym

### Ages 6 to 8

9:00 A.M. – 9:45 A.M. .... Activity # 490801-01

### Ages 3 to 5

10:00 A.M. – 10:30 A.M. .... Activity # 490801-02

10:35 A.M. – 11:05 A.M. .... Activity # 490801-03

Come out and learn the fundamentals of little kids' soccer. This is a great class for learning the basic skills and sportsmanship of soccer. John Swallen, former goalkeeper for the Minnesota Thunder, will teach youth through a variety of fun soccer games. Classes meet for six sessions.

## GIRLS VOLLEYBALL LEAGUE

Grades 4 to 8

Tuesdays & Saturdays, Jan. 5 – Mar. 2 Game and practice times will vary each week. Tuesdays will be between 5:30 P.M. – 8:30 P.M. and Saturdays between 9:00 A.M. – 3:00 P.M. \$54; \$44 Shoreview Resident

**Setters, Grades 4-5 .....Activity # 190304-01**  
**Spikers, Grades 6-8 .....Activity # 190304-02**

Turtle Lake Elementary

Recreational league play for girls grades 4-8. This instructional league will teach girls the basic skills, rules, and strategies of the fun and exciting game of volleyball. Program consists of one practice and one game each week. Games and practices will last for one hour. Players will receive a t-shirt.

**Register by December 3 for the Girls Volleyball League.** No special friend requests accepted after the deadline.

**Volunteer coaches are needed for the Girls Volleyball League.** If you sign up to be a coach, your child's registration fee will be refunded at the end of the season (one child per team coached). Please complete the box on the registration form if you are interested in coaching. If you have any questions contact Jeremy Bailey at 651-490-4753.

### COACHES MEETING

Thursday, December 13 ..... 6:00 P.M. – 7:00 P.M.  
Shoreview Community Center



## Golf

Start your fall by learning golf with the correct fundamentals or by changing old habits before they get too ingrained through our classes at Island Lake Golf & Training Center. You will be learning from an instructor trained by Greg Schulze, one of only 5 PGA Master Professional's of Instruction in Minnesota and the recipient of the 2007 Minnesota PGA Teacher of the Year Award. Island Lake Golf & Training Center is conveniently located behind the Shoreview Target store at the intersection of I-694 and Lexington Avenue. Bring your own clubs or they can be provided with advanced notice. Price includes all range balls.

## JUNIORS – GETTING IT RIGHT THE FIRST TIME!

Ages 7 to 15

Tuesdays, Sept. 4, 11, 18 ..... 4:45 P.M. – 5:30 P.M.  
\$75; \$65 Shoreview Resident..... **Activity # 490701-01**

*Make-up lesson held September 25 if necessary.*

Do you wish for your child to ingrain proper golf habits, which will not need correcting in the future? Learning the fundamentals of putting, chipping, full swing and fun ways to practice them correctly will transition good junior learners into future great adult golfers!

## THE BASICS OF GOLF

Ages 16 and up

Tuesdays, Sept. 4, 11, 18 ..... 5:45 P.M. – 6:45 P.M.  
\$85; \$75 Shoreview Resident..... **Activity # 420601-01**

*Make-up lesson held September 25 if necessary.*

This beginner course introduces you to the fundamentals of the pre-swing, full swing, putting and chipping with a strong emphasis on how to practice effectively. These 3-session hour-long lessons will have two goals, to have fun and learn golf for long-term enjoyment.

## INTERMEDIATES –THE PROGRESSION OF LEARNING GOLF

Ages 16 and up

Tuesdays, Sept. 4, 11, 18 ..... 7:00 P.M. – 8:00 P.M.  
\$85; \$75 Shoreview Resident..... **Activity # 420602-01**

*Make-up lesson held September 25 if necessary.*

For those with some golf experience and understanding but want to challenge yourself to learn more and improve your scores. With increased skills always comes greater fun! Three 1-hour classes will expand on the fundamentals of putting, chipping, the full swing and mental skills.

**Questionable Weather:** Please contact the Island Lake Golf Pro Shop at 651-787- 0383 to see the status of you lesson. If your lesson has been cancelled, make-up lessons will be held the week after classes have ended.

# TENNIS LESSONS

## Tennis Lessons

As a member of the United States Tennis Association (USTA), we are able to provide you with quality instruction that meets national standards in technique and appropriateness for varying skill levels. Using USTA QuickStart tennis curriculum, instructors will help participants progress from basic skills through intermediate skills. Participants should bring their own racquet and water bottle. Sign up with a friend or family member. Meet other players, develop your skills, get some exercise—and, most of all, have fun! Classes meet for six 55-minute lessons (Pee Wees meet for 45-minutes). Tennis balls are provided. Weather cancellations will be made at the court by the instructor.

## GROUP LESSONS

All group lessons \$55; \$45 Shoreview Resident

Saturdays, Sept. 8 – Oct. 13. Classes at Bobby Theisen Park

*Make-up lessons held October 20 & 27 if necessary.*

Class Level	Time	Activity #
Pee Wees	10:00 – 10:45 A.M.	<b>490606-01</b>
Beginners	11:00 – 11:55 A.M.	<b>490607-01</b>
Advanced Beginners	12:00 – 12:55 P.M.	<b>490608-01</b>
Adult Basics	1:00 – 1:55 P.M.	<b>490601-01</b>

### PeeWees Ages 5 to 7

Peewees are taught the basics of tennis in a fun, exciting environment. The instructor introduces tennis slowly using low compression tennis balls, and integrating games progressing at individual's pace. Balls are provided. Children should bring their own junior size racquet and a water bottle.

### Junior Beginners Ages 7 to 11

For players with little or no tennis experience. Instruction focuses on grip, rules, and fundamental strokes.

### Advanced Beginners Ages 9 to 12

Perfect for the player who has taken lessons, but needs stroke and technique improvement. Instruction focuses on stroke consistency and introduces new strokes.

### Adult Basics Ages 18+

Brushing up on your tennis skills—or even just getting started—is easy and fun with our Basics class, an accelerated six-lesson program. All tennis basics will be covered, including actual play led by instructor. Instructor will group participants of similar ability.

Registration is  
open NOW for  
tennis lessons!

## PRIVATE LESSONS

Five 1-hour Sessions

\$130 for Individual Private Lessons

\$100 each participant for Semi Private Lessons

Individual Private Lessons ..... **Activity # 490602-01**

Semi Private Lessons..... **Activity # 490603-01**

Personalized high-quality tennis instruction for players who want to improve their court game. This program offers one-on-one tennis instruction for the casual or avid tennis player. Our instructors will help you work on your ground strokes, serves, volleys, lobs, and smashes in an individual setting. Semi private lessons are for participants of equivalent ability and must enroll together. Partners will not be assigned.

Please note: Our instructors have other job responsibilities outside of the individual tennis instruction. They come specifically to teach tennis to individuals. For this reason, please note that notice of any cancellation must be given 24 hours in advance, or you will forfeit the session.





## League Registration

Players and teams interested in participating in one of Shoreview's sports leagues should call the Parks and Recreation Office at 651-490-4753 to request registration information.

## MEN'S 5-ON-5 OFFICIATED BASKETBALL LEAGUE

Monday evenings\*, starting November 26

\$550 per team

Men's B ..... **Activity # 420101-01**

Island Lake Elementary Gym

Teams play 11 officiated games and playoffs for the top finishers. Call 651-490-4753 for additional information.

**Registration deadline is Wednesday, November 7 or until league is full.**

\* Due to Monday holidays, games will be scheduled on alternate nights in December.

## ISLAND LAKE SCHOOL ADULT DROP-IN BASKETBALL

Beginning September 19

\*Gym closed on Wednesdays: Oct. 31, Nov. 21, Dec. 26.

\*Gym closed on Saturdays: Oct. 20, Nov. 24, Dec. 22.

\$5 per person; pay at door

Wednesdays..... 6:30 P.M. – 9:00 P.M.

Saturdays..... 8:00 A.M. – 10:00 A.M.

Island Lake Elementary

Shoot baskets or join a pick-up game arranged by the players. Space limited to 30 players. Call 651-490-4750 for more information.

## BROOMBALL LEAGUES

Games begin in mid-December (weather permitting)

\$335 per team

CoRec D Sunday evenings..... **Activity # 120301-01**

Men's D Monday evenings..... **Activity # 120301-02**

Shoreview Commons Rink

(behind Shoreview Community Center)

Teams play 6 outdoor officiated games and playoffs for the top finishers. Players provide their own legal brooms, balls, and helmets. **Registration deadline is Wednesday, November 28 or until league is full.**

## DODGEBALL LEAGUE

Ages 16 and up

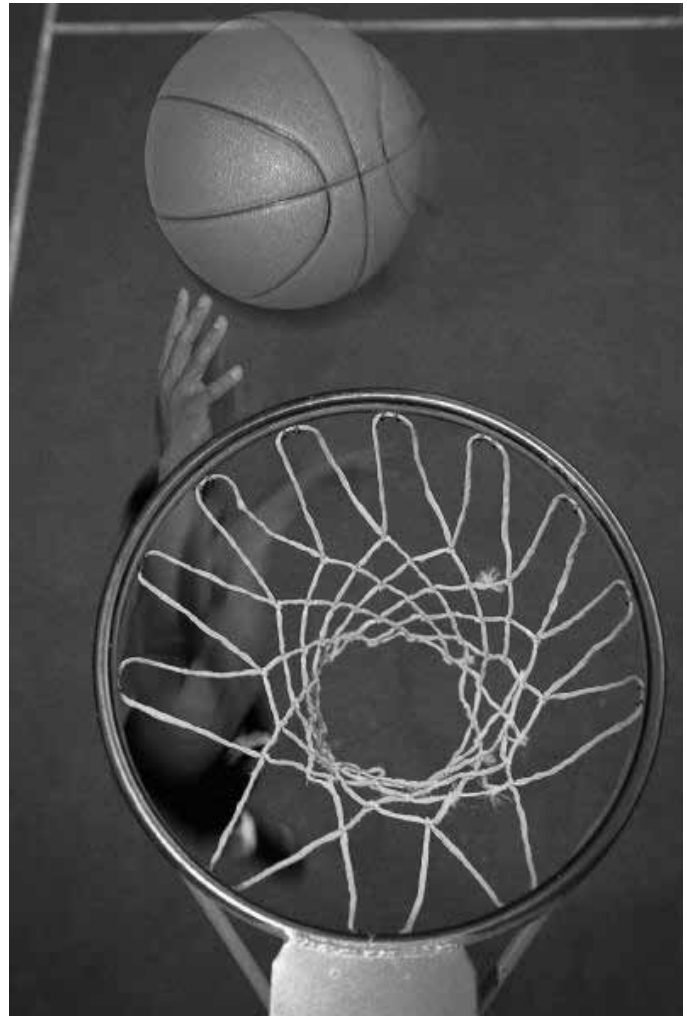
Wednesday evenings, starting September 26

\$160 per team..... **Activity # 420401-01**

Turtle Lake Elementary

Here is your chance to relive the good ol' times and see if you still have what it takes to be the last person standing. Gather your friends and co-workers to join in on the fun. Teams will play 6 officiated league games and a season ending playoff.

Game times vary week-by-week and usually last 45-minutes to an hour. Any ratio of men and women may participate, including all male and all female teams. **Registration deadline is Wednesday, September 12 or until league is full.**



# ADULT ACTIVITIES

## FREE ACTIVITIES AT THE COMMUNITY CENTER

**500**  
Mondays at 12:30 P.M. ....No sign up or partners required  
**No 500 Dec. 24, 31.**

**Bridge**  
Thursdays at 12:30 P.M. ....No sign up or partners required  
**No Bridge Nov. 22.**

**Bingo**  
With prizes! Last Wednesday of the month (Aug. 29, Sept. 26, Oct. 31, Nov. 28 & Dec. 26) at 1:00 P.M.  
(\$0.25 per card-no min/max cards)

## TURKEY BINGO

Wednesday, Nov. 21 ..... 1:00 P.M. – 2:00 P.M.  
\$.25 per card  
Win a gift certificate for a 10 pound turkey!



## 500 TOURNAMENT

Thursday, September 13..... 1:00 P.M. – 5:00 P.M.  
\$10 per player ..... **Activity # 400501-01**  
Shoreview Community Center – Community Room  
Join our Shoreview 500 club for their 8th annual 500 Tournament! Cash prizes awarded for first through third place winners! Pre-register through the Parks and Recreation department by September 7th. Each individual participant will be required to submit address, phone number and birth date. Limited tables available! This event will surely fill up to over 132 players! **MUST REGISTER WITH A PARTNER.** Light refreshments served.

## TRAVEL TALK

Love to travel but can't find a travel companion to share the costs? We have the perfect solution! Join our group of women (55+) for treats and coffee once a month and get to know each other and become travel buddies! Socials are on **Mondays, Sept. 17, Oct. 15, Nov. 19 and Dec. 17 from 9–10 A.M.** in our Fireside Lounge.

## AARP DRIVER SAFETY PROGRAM

The AARP Driver Safety program is designed for motorist's age 55 and older. Upon completion of one of these seminars, you will be entitled for a discount on your auto insurance premium. For the first time, one attends the 8-hour seminar. To retain the insurance premium discount, everyone should attend the 4-hour refresher seminar every 3 years. Please bring your current driver's license with you. Seminars are taught by AARP-trained volunteers and are offered to you at a very nominal fee through Shoreview Parks and Recreation. Registration deadline is 3 days prior to the class.

**AARP member cards MUST BE PRESENTED at the time of registration to qualify for member rates.**

All classes held at Shoreview Community Center

### 8 Hour Evening Courses

AARP Member Rate: \$20; Non-Member Rate: \$22  
5:30 P.M. – 9:30 P.M.  
Sept. 10 & 11 (Mon & Tues)..... **Activity # 450204-01**  
Dec. 3 & 4 (Mon & Tues)..... **Activity # 150204-01**

### 4 Hour Evening Courses

AARP Member Rate: \$16; Non-Member Rate: \$18  
5:30 P.M. – 9:30 P.M.  
Sept. 18 (Tues) ..... **Activity # 450202-01**  
Oct. 23 (Tues)..... **Activity # 450202-02**  
Nov. 27 (Tues) ..... **Activity # 450202-03**  
Dec. 18 (Tues)..... **Activity # 150202-01**

### 4 Hour Day Courses

AARP Member Rate: \$16; Non-Member Rate: \$18  
9:00 A.M. – 1:00 P.M.  
Sept. 5 (Wed) ..... **Activity # 450201-01**  
Oct. 10 (Wed)..... **Activity # 450201-02**  
Nov. 7 (Wed) ..... **Activity # 450201-03**  
Dec. 12 (Wed) ..... **Activity # 150201-01**



## Who are the Shoreliners and what do they do?

The Shoreliners were established in 1976 as a social club for men and women over 50. The Shoreliners are sponsored by the Parks & Recreation department and activities are coordinated by a staff member. The object of this organization is socialization, making new friends, and the opportunities for personal growth through scheduled meetings and activities. By registering as a Shoreliner, you will receive priority and reduced prices on events, trips and tours as well as the quarterly Shoreliner newsletter. To register as a Shoreliner, visit the Parks & Recreation office on the upper level at the Shoreview Community Center.

## Interesting in joining?

Send \$10 registration fee to:

City of Shoreview  
4580 Victoria Street North  
Shoreview, MN 55126

Checks should be made payable to the  
CITY OF SHOREVIEW

Questions? Email [lyoung@shoreviewmn.gov](mailto:lyoung@shoreviewmn.gov) or  
call 651-490-4734

**Registration  
is open NOW for  
Running Aces!**

## RUNNING ACES HARNESS TRACK & DINNER

Wednesday, August 15..... 6:00 P.M. – 10:00 P.M.  
\$20 Registered Shoreliner/\$25 Guest.. **Activity # 300301-05**

—And they're off! No coach bus for this event...if you would like to carpool meet at the community center at 5:00 p.m. Dinner starts promptly at 6:00 p.m. and the races at 7:00 p.m. Price includes a live racing program, \$10 gaming voucher, a race named after our group and a \$10 food coupon for you to apply to your meal! Meal price, cocktails and gaming are on your own tab. **Registration Deadline: August 6th**

## LUNCH & RHYTHMIC FEET

Monday, September 17 ..... 12:00 P.M. – 2:00 P.M.  
\$10 Registered Shoreliner/\$15 Guest.. **Activity # 400511-01**

Kick off the week with a lovely prepared lunch and dance show! Rhythmic Feet is a co-ed, senior volunteer dance group that will entertain for us! **Registration deadline: September 13th**

## Display Case

The Shoreliners have a display case that can be used to showcase any unique collection! Please call Eileen Kath at 651-484-4853 to reserve space in the cabinet.

## GHOSTS & GRAVES TOUR

Wednesday, October 17

9:30 A.M. (bus departs) – 3:30 P.M. (approximate return)

\$55 Registered Shoreliner/\$65 Guest.. **Activity # 400301-01**

If strange tales of ghosts, haunting and passionate crimes interest you, then this is the tour to take! Come with us on a two hour journey exploring the actual history and legend behind the stories of mystery which shroud the Twin Cities. Upon returning to the caves enjoy a specially prepared Halloween lunch and tales of the ghosts in the Caves!

**Registration Deadline: October 1st**

## CHANHASSEN – BYE BYE BIRDIE

Wednesday, November 28

10:00 A.M. (bus departs) 5:00 P.M. (approximate return)

\$77 Registered Shoreliner/ \$87 Guest. **Activity # 400302-01**

When Elvis like rock and roll star Conrad Birdie is inducted into the Army, the teen nation is united by a publicity contest where Birdie will bid a typical teenage girl goodbye with an all-American kiss live on "The Ed Sullivan Show." Lunch and stage show included. Soda, cocktails and dessert are extra.

**Registration Deadline: November 21st**

## LUNCHEON AT THE PORTERHOUSE

Save the date! Tuesday, December 18, 11:30 A.M. – 3:30 P.M.

Menu and more details to follow in winter ShoreView's catalog.



# COMMUNITY INFORMATION

## ADAPTIVE BOWLING

The Adaptive Bowling program is open to all special education students (7th grade through young adult) in the Mounds View School District. Participants will bowl at the Mermaid Lanes on Saturday mornings from 9:15 to 11:30 A.M. Staff includes two supervisors plus volunteers. The program runs for 10 weeks. Fees cover bowling, shoes and supervision. There will be a bowling banquet with awards at the end of the session. For more information on the exact starting date and fee, please call Pat Tuma at the New Brighton Parks and Recreation Department at 651-638-2123.

## MEALS ON WHEELS

The Meals On Wheels program is available to eligible seniors and certified, disabled individuals (regardless of age) who are residents of Mounds View School District 621. Hot, nutritious noon meals are delivered by volunteers Monday through Friday, except on holidays. For more information, call 651-621-7431.

## FOOD SHELF DONATIONS

The Community Center is a year-round drop-off site for the Ralph Reeder Food Shelf. When you pack your gym bag, include a non-perishable food item to contribute to the food shelf. Look for the green bins. Thank you!

## NORTHWEST YOUTH AND FAMILY SERVICES

Northwest Youth and Family Services, a non-profit social service agency based in Shoreview, serves residents of the northern suburbs. Services include mental health counseling for youth and adults, employment programs for at-risk youth, parenting support groups, and chore services for seniors. For a full listing of programs and services, please visit our web site at [www.nyfs.org](http://www.nyfs.org) or call us at 651-486-3808.

## SENIOR CHORE SERVICE

Need assistance with household chores? Students ages 12 to 17 are available to assist with mowing, snow shoveling, housecleaning and other projects on a one-time, weekly or monthly basis. Rates are affordable and financial assistance is available to eligible seniors to offset the cost. Call Debbie at 651-379-3451 to arrange for chore service.

## ATHLETIC ASSOCIATIONS

**Shoreview Area Youth Baseball**  
[www.sayb.org](http://www.sayb.org)

**Irondale Baseball Assoc.**  
[www.geocities.com/ibl\\_baseball/](http://www.geocities.com/ibl_baseball/)

**Mounds View Basketball Assoc.**  
Hotline: 651-631-1943  
[www.moundsviewbasketball.com](http://www.moundsviewbasketball.com)

**Mounds View Youth Football League**  
[www.moundsviewyouthfootball.org](http://www.moundsviewyouthfootball.org)

**Irondale Youth Hockey Association**  
[www.ihaleague.org](http://www.ihaleague.org)

**Irondale Girls Fastpitch**  
[www.knightsfastpitch.org](http://www.knightsfastpitch.org)

**Mounds View Hockey Assoc.**  
[www.mvhockey.org](http://www.mvhockey.org)

**North Suburban Soccer Assoc.**  
[www.nssasoccer.org](http://www.nssasoccer.org)

**Mounds View Softball Assoc.**  
[www.mvsafastpitch.org](http://www.mvsafastpitch.org)

**Mounds View Rugby Club**  
Hotline: 612-656-0518  
[www.moundsviewrugbyclub.com](http://www.moundsviewrugbyclub.com)

**Iron Mustang Wrestling**  
612-590-2114  
[www.ironwrestling.com](http://www.ironwrestling.com)

**North Suburban Aquatic Club**  
[www.nsmakos.org](http://www.nsmakos.org)

**Roseville Area Youth Hockey**  
[www.rosevillehockey.org](http://www.rosevillehockey.org)  
612-817-5159

**FREE  
Community  
Center  
Membership!**

## **JOBS THAT FIT YOUR LIFESTYLE!**

***Part-Time • Flexible Hours • Fun People***



### **Dodgeball Officials**

Officiate 3 - 4 games per night from 6 - 9 pm. Games are held at Turtle Lake School. Previous officiating or playing experience preferred. Sept. - May. \$10 - \$13/game.

### **Fitness Instructors**

All formats including cardio-kick, cycling, Tai Chi, SilverSneakers, strength training, water exercise, yoga, pilates, and dance-based fitness classes. Certification preferred. Morning, afternoon, evening and weekend hours available. \$13.50 - 20.00/class.

### **Gymnastics Instructors**

Teach beginning to intermediate level classes. Previous teaching, gymnastics experience and knowledge are preferred. \$8 - \$9/hr. Saturday hours available.

### **Gym Supervisors**

Supervise adult drop-in basketball. Interest in basketball and an ability to work with people desired. Wednesday evening and Saturday morning hours available. Sept. - May. \$10 - \$11/hour.

### **Ice Skating Instructors**

Instruct youth in ice skating. Skating knowledge and experience required. Previous teaching experience desired. 2 - 4 hrs Saturday mornings. Oct. - Feb. \$10 - \$11/hour DOQ.

### **Lifeguards (we will train)**

Lifeguard in a tropical paradise at our beautiful indoor pool. Ensure the safety of pool guests by preventing and responding to emergencies. Lifeguards needed for morning, afternoon and evening hours. Current certifications or we will train (must be able to swim 200 yards). \$8 - \$10/hour.

### **Personal Trainers**

Our emphasis is on helping people meet their fitness goals. Responsibilities include generating your own client base and providing one-on-one personalized fitness consultation, education, and motivation to fitness participants. Design safe, effective workouts and work on general health, sports specific conditioning, and general rehabilitation. National training certification and/or exercise science/health degree desired. We offer flexible, part-time hours. \$17 - \$21/hour.

### **Preschool Assistant**

Assist teacher with preschool recreation classes. Experience working with preschoolers preferred. 2-3 days per week, 3 hours per day. Mornings and afternoons. Sept - May. \$8.50-\$10.50/hour.

### **Preschool Instructor**

Plan and teach a creative recreation preschool program. Help children explore the areas of art, music, dramatic play, physical fitness and literature as they develop their cognitive skills, including language and problem solving abilities. Degree in Elementary Ed. with preschool curriculum experience preferred. Approx. 25-30 hrs/wk. Sept. - May. \$12 - \$15/hour.

### **Service Desk**

Work in a fast-paced environment assisting guests on the phone and in-person, operate cash register and reconcile cash, enter memberships into computer, handle a variety of info, assist with concessions as needed. Must be available to work weekends. \$7.75-9.00/hour.

### **Special Event Staff**

Supervise and lead special events, such as Egg Hunt, Kids Garage Sale, Halloween Hoopla, New Years Eve Party, Field Trips, Parents Night Out. Other duties include decorating and clean up. \$8 - \$10/hour. Hours are varied for each event.

### **Sports Instructors**

Instruct elementary age children in a variety of sports including t-ball, floor hockey, soccer, kickball, flag football, and basketball. A general sports background/knowledge and a desire to teach children basic sports skills required. Weekday afternoons approx. 3:30 - 5:40 pm. 5 hours/week. Sept. - May. \$9 - \$11/hour.

### **Swimming Instructors (we will train)**

Instructors needed for morning, afternoon & evening lessons at the Community Center pool. \$8 - \$12/class (30-40 minute classes).

### **Wave Cafe**

Wave Café attendants prepare food orders, operate a cash register, maintain a clean work area, stock supplies, clean tables and help keep the lobby area neat. Daytime \$7.50-\$8.50/hour. Evenings \$7.25-\$8.00/hour.

### **Youth Soccer Officials**

Officiate soccer league games for children. Knowledge of soccer rules, previous officiating exp desired, soccer playing experience preferred, good interpersonal skills. Must be age 16 or older. 1-4 games Saturday mornings. Sept-Oct, \$15/game.

**[www.shoreviewmn.gov](http://www.shoreviewmn.gov)**

**Job Line 651-490-4637**

**651-490-4750**



## Fall Registration Schedule

### Shoreview Resident Priority

Shoreview residents are given first priority in registering for Parks and Recreation programs.

#### Tuesday, August 14

On-line registration for residents begins at 8:00 a.m.

#### Friday, August 17

In person, mail, fax, and drop-off registration begins at 8:00 a.m.

### Annual Community Center Member Registration

#### Friday, August 17

In-person, mail, fax, and drop-off registration begins at 8:00 a.m.

### General Registration

Anyone may register at this time. No residency or membership required.

#### Tuesday, August 21

On-line registration begins at 8:00 a.m.

#### Friday, August 24

In-person, mail, fax, and drop-off registration begins at 8:00 a.m.

### How to Register:

1. On-line at [www.shoreviewcommunitycenter.com](http://www.shoreviewcommunitycenter.com)
2. Mail in to: Shoreview Parks and Recreation  
4580 Victoria St N  
Shoreview, MN 55126
3. Fax to 651-490-4797 (credit card payment only)
4. Drop-off at our office, Community Center Service Desk, or City Hall drop box
5. In-person during normal business hours: M-F, 8 a.m. – 4:30 p.m.

### Registering on-line is easy!

1. Go to [www.shoreviewcommunitycenter.com](http://www.shoreviewcommunitycenter.com) and click "Member Login".
2. Login with your user name and password
  - If you have never used our system before, you may create an account on-line
  - If you are unsure of your user name or password and you do not have an email address on file with us, contact us at 651-490-4750.
3. Click on "Browse Activities" or "Activity Type"
4. Search for a program
5. Click the "add to cart" button and "enroll now" located at the bottom of the screen. You can enroll in multiple classes or register multiple participants at a time.
6. Continue shopping or proceed to check out.

### Register Early!

Space is limited in most activities.

### Registration Information

*Registrations processed online are given immediate priority followed by in-person registration. Registrations received via mail, fax, or drop-off are processed as time permits.*

#### 1. Drop-off points include:

- a. The Parks and Recreation Reception Desk, Monday through Friday, 8:00 A.M. to 4:30 P.M.;
  - b. The Shoreview Community Center Service Desk,
  - c. The after-hours payment box, to left of front door of City Hall.
2. Occasionally, activities are filled. To help continue the immediate processing of your enrollment, please indicate a second choice. If your first choice is full, we will call or email you confirming enrollment in your second choice.
  3. A resident is defined as an individual whose legal residential address is within the City of Shoreview.
  4. Activity fees may not be pro-rated.
  5. Make all checks payable to the City of Shoreview. Visa or MasterCard are accepted.
  6. Registrations will be processed at the Parks and Recreation desk from 8 A.M. to 4:30 P.M. Participants are notified if classes are filled or canceled. If a class is canceled due to insufficient registration, a refund check will be mailed to you. Confirmations will be issued only by e-mail. You can view your class confirmation information on-line. On-line registrations receive a higher priority than registrations that are in-person, mailed, faxed, or dropped off.
  7. The City of Shoreview supports participation by persons with disabilities. Please include information about any accommodations you need.
  8. Refunds may be issued when requested 5 working days before the activity or class begins unless otherwise noted in the class description. A service charge of \$5 will be deducted from refunds for classes priced up to \$100. A service charge of \$10 will be deducted from refunds for classes priced over \$100.
  9. Financial aid for qualifying residents with financial limitations is available.
  10. Voice/TDD: 651-490-4750.
  11. Periodically, the City of Shoreview will take pictures or videotapes of participants while they are engaged in programs, activities, or special events or while enjoying parks or other facilities. Please note that these photos may appear in city brochures and publications, local newspapers, on local cable television, and/or on the city web page. If you or your family members do not wish to be photographed or published, you must give written notice.





# Program Registration Form

Shoreview Parks & Recreation Dept. | 4580 Victoria Street North | Shoreview, MN 55126  
Phone: 651.490.4750 | Fax: 651.490.4797 | Web: [www.shoreviewcommunitycenter.com](http://www.shoreviewcommunitycenter.com)



Please fill out the form below completely. An incomplete form may delay your registration. If you prefer, you may register online at: <https://registration.shoreviewmn.com> or scan the QR code with your smartphone.

LAST NAME (PRIMARY)	FIRST NAME (PRIMARY)	HOME PHONE (AREA CODE)
ADDRESS	CITY	ZIP
E-MAIL ADDRESS	CELL PHONE (AREA CODE)	
		EMERGENCY CONTACT

Participants Last Name/First	M/F	Birthdate	Activity Number	Activity Name	Activity Day/Time	Fee \$

Are you a Community Center Annual member? <input type="checkbox"/> Yes <input type="checkbox"/> No	Total Amount Enclosed \$
--	--------------------------

## YOUTH SPORTS LEAGUES *(Please fill out completely)*

Special requests for teammates are NOT guaranteed and are limited to ONE REQUEST PER PLAYER. Group and/or chain requests will not be honored. The City encourages players to make new friends and develop social skills. If you sign up as a head coach, your child's registration will be reimbursed after the season is completed.

School child attends: \_\_\_\_\_

Grade (2012-2013 school year): \_\_\_\_\_

Child shirt size: Youth / Adult    S    M    L    XL

Teammate request name: \_\_\_\_\_

I would like to coach: Y    N    shirt size: S    M    L    XL    XXL

Coach Name: \_\_\_\_\_

## PAYMENT TYPE

If paying by credit card, please circle type.

☐ Cash    ☐ Check # \_\_\_\_\_    ☐ Credit Card



Checks Payable to "City of Shoreview"

Card # \_\_\_\_\_ Exp. Date \_\_\_\_\_

Signature \_\_\_\_\_

☐ Billing address is different from above (Please include billing address)

Special Needs/ Allergies/ Etc: \_\_\_\_\_

**WAIVER FOR PARTICIPANT** In consideration of your accepting my child's entry or my entry, I hereby, for myself, my child, my heirs, executors and administrators, waiver and release any and all rights and claims for damages I or my child may have against the City of Shoreview, the Parks and Recreation Department, or the school district and its representatives, successors and assigns for any and all injuries suffered by myself or my child at any activity sponsored by these groups. I do hereby allow the City of Shoreview to use any photographs taken by the city, of the individual(s) named herein, in city informational publications released to the general public.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Your signature indicates you have read the registration information and understand all information relevant to your program choice.

# RECREATION AREAS

## Shoreview Recreation Areas



Web Page: [www.shoreviewmn.gov](http://www.shoreviewmn.gov)

	Acres	Ballfields	Basketball Court	Football/Soccer	Hardcourt Area	Hockey Rinks	Paths	Picnic Areas	Playground Eq.	Shelter	Skating, general	Skating, Speed	Soccer	Swimming	Tennis Courts	Volleyball
<b>Bobby Theisen Park</b> Cty Rd E & Vivian East & West of Island Lake School	15		1				~						1		3	
<b>Bucher Park</b> 5900 Mackubin North on 49, right on Elaine	25	2	1				~						1		2	
<b>Chippewa Middle School</b> 5000 Hodgson Rd		3											2		5	
<b>Emmet Williams Elem. School</b> 955 Cty Rd D—Between Lex. & Cty Rd D		2														
<b>Island Lake Elem. School</b> 3555 N. Victoria—Victoria & Cty Rd E		2														
<b>Lake Judy Park</b> 900 Tillerun — Arboast & Richmond	5		1/2				~									
<b>McCullough Park</b> 915 County Rd I North on Lexington, right on Cty Rd I	75	2	1				~	With grill					1		2	
<b>Ponds Park</b> 190 Sherwood Road Sherwood and Pond Drive	1						~	Table only								
<b>Rice Creek Fields</b> 5880 Rice Creek Parkway	10	4					~									
<b>Shamrock Park</b> County Road I & Snelling N. on Lexington to Cty Rd I, W. 2 miles	23	2	1				~	With grill					1		2	
<b>Shoreview Commons and Community Center</b> 4650 North Victoria	40	2	1				~	With grill					1		2	
<b>Sitzer Park</b> 4344 Hodgson	8	2	1				~	With grill							2	
<b>Snail Lake Elementary School</b> Highways 49 and 96		2														
<b>Turtle Lake Elementary School</b> Country Road I & Lexington		2														
<b>Wilson Park</b> 815 County Road F 1 block W. of Victoria, North of 694	13	2	1				~	Tables Only With grill							2	

The following are recreation areas operated by Ramsey County Parks and Recreation and located within the City of Shoreview. For more information on these parks, please call 651-748-2500. [www.co.Ramsey.mn.us](http://www.co.Ramsey.mn.us)

	Acres	Boat Ramp	X-Country Skiing	Fishing	Hiking Trails	Hockey Rinks	Golf Course	Paths	Picnic Areas	Playground Eq.	Shelter	Swimming
<b>Island Lake County Park</b> 3611 Victoria Street	167											
<b>Lake Owasso County Park</b> 370 N. Owasso Blvd.	9											
<b>Shoreview Ice Arena</b> 877 Highway 96 (Hockey only)												
<b>Snail Lake Regional Park</b> 580 Snail Lake Blvd.	400							~				
<b>Turtle Lake County Park</b> 4979 Hodgson Road	9											

[WWW.SHOREVIEWMN.GOV](http://WWW.SHOREVIEWMN.GOV)





# 8<sup>th</sup> Annual Active Life Fair

at the Shoreview Community Center | Shoreview Room

**Tuesday, November 13<sup>th</sup>, 2012 | 10:00 a.m. – 1:00 p.m.**

*A resource fair for active aging adults and caretakers*

## **YOUR SPECIAL DAY INCLUDES:**

Minute with Mayor Martin | Meet with Shoreliners  
Fitness Demos | Membership Information  
SilverSneakers® | Blood Pressure Screenings  
Spinal Screenings | Hearing Aid Cleaning  
Chair Massages | Rx Medication Consultation  
Trips & Senior Programs | Refreshments | & More!



**FREE!**



4580 Victoria Street North, Shoreview, Minnesota 55126 | [www.ShoreviewCommunityCenter.com](http://www.ShoreviewCommunityCenter.com) | 651.490.4750



14<sup>th</sup> Annual   
**Shoreview Farmers'  
Market 2012—**

## **Tuesdays**

**Now - October 2.....3 - 7 p.m.**

**October 9 & 16.....3 - 6 p.m.**

The market is a weekly summer event that brings the community together featuring local fresh produce, handcrafted artisan items, live entertainment and activities for all ages and much more!

## **Special Events**

### **August 21 *Bike to Market***

Ride your bike to the market and stop by the market manager's tent for a **FREE** water bottle!

### **September 4 *Hot Stuff Salsa Contest***

Enter our popular salsa contest! Winners receive a bountiful basket stuffed with ingredients to make great salsa. Drop off your salsa at the market manager's tent by 4:00 p.m. on day of market.  
Mark your salsa fruit/mild/medium/hot/fire. Judging will begin at 5:00 p.m. One entry per person in any category.

### **October 16 *Farewell Fall Festival***

Farewell 'til 2013! Stop by the market manager's tent for a farewell treat!

**Come visit us!**



Shoreview Community Center | Lower Level Parking Lot | 4580 Victoria Street North | [www.ShoreviewCommunityCenter.com](http://www.ShoreviewCommunityCenter.com)





**City of Shoreview**  
4600 Victoria Street North  
Shoreview, MN 55126

Presorted Standard  
ECRWSS  
U.S. Postage Paid  
Twin Cities, MN  
Permit No. 5606

**POSTAL CUSTOMER**

**LOCAL**



***Reserve your party!***  
***Call 651.490.4790***

*Shoreview*  
*Community Center*

Tropics Waterpark  
& Fitness Center



**Tropical-themed  
poolside  
party rooms!**



**NEW!**

***Themed Party Packages***

Upgrade your child's party to include one of the following themes:

- Princess
- Pirate
- Under the Sea

Your child will receive a personalized themed cake and special paper products.  
An additional flat fee of \$10 will be added to your birthday party package.

***See page 18 for more information.***

***4580 Victoria Street North | Shoreview, Minnesota 55126 | [www.ShoreviewCommunityCenter.com](http://www.ShoreviewCommunityCenter.com)***